



 **19%**
HEALTH SCORE

Mexican Style Meat and Vegetable Stew - Azteca's Molcajete

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chili powder dried
- 1 avocado pitted ripe peeled for garnish cut into slices,
- 1 slice bacon thick-cut
- 8 ounces flank steak such as flank steak, cut into strips
- 2 teaspoons beef bouillon granules
- 0.3 teaspoon butter
- 1 teaspoon chicken bouillon

- 0.3 teaspoon apple cider vinegar
- 0.5 teaspoon cocoa powder
- 1 teaspoon cumin
- 1 teaspoon sherry dry
- 0.5 teaspoon all the tabasco sauce you handle to taste your favorite
- 6 servings monterrey jack cheese grated for garnish
- 16 ounces mushrooms cut in halves
- 16 ounces mushrooms cut in halves
- 2 teaspoons roasted garlic minced
- 6 servings pepper black freshly ground to taste
- 6 servings spring onion chopped for garnish
- 2 chicken breast boneless skinless cut into strips
- 0.5 cup onion fresh sweet chopped
- 15 ounces tomato sauce
- 1.5 tablespoons vegetable oil
- 3 cups water boiling

Equipment

- frying pan
- sauce pan

Directions

- Fry the bacon in a large skillet until crispy; remove from pan, reserving drippings, cut into small pieces, and set aside.
- Add the oil to the bacon drippings over medium temperature, then saut the chicken and beef strips until browned, stirring occasionally, about 7 minutes. In another large saucepan over medium heat, stir together the boiling water and bouillon granules until dissolved.
- Add remaining ingredients (including reserved bacon) and the cooked meat strips, and simmer for 10 minutes.

Garnish, serve, and enjoy! Note: to make the seafood version of Azteca's Molcajete, omit the chicken/beef and instead have 1/2 pound shelled and deveined shrimp, 1/2 pound scallops, and as much skinned and deboned whitefish fillet pieces as you'd like (about 1/4 pound or more) which you will add in during the last 5 minutes of cooking. Note #2: we've also added a can of black beans to the recipe, to good effect. If the soup isn't as thick as you'd like it to be, try adding a can of refried beans – it works well! We've also served it with crisp tortilla strips and a dollop of Mexican crema instead of monterey jack. It's a versatile recipe, so experiment and enjoy yourself! :) If you have made the Rich and Delicious Enchilada sauce recipe of mine, you might recognize many of the soup ingredients – to make the sauce into soup, use 2 cups of the sauce, add 1 cup hot water and 1/2 teaspoon chicken stock granules, then add the cooked chicken and garnish ingredients as usual.

Nutrition Facts

PROTEIN 33.8% **FAT 45.57%** **CARBS 20.63%**

Properties

Glycemic Index:63.33, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:25.263913092406%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 264.23kcal (13.21%), Fat: 14.18g (21.82%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 8.77g (3.19%), Sugar: 6.78g (7.53%), Cholesterol: 50.57mg (16.86%), Sodium: 643.92mg (28%), Alcohol: 0.09g (100%), Protein: 23.66g (47.33%), Vitamin B3: 13.43mg (67.14%), Selenium: 39.45µg (56.36%), Vitamin B2: 0.81mg (47.66%), Vitamin B6: 0.9mg (44.98%), Vitamin B5: 3.79mg (37.85%), Copper: 0.72mg (36.04%), Phosphorus: 347.32mg (34.73%), Potassium: 1205.11mg (34.43%), Vitamin K: 29.92µg (28.5%), Fiber: 5.67g (22.69%), Zinc: 3.04mg (20.29%), Vitamin E: 2.77mg (18.46%), Folate: 73.46µg (18.37%), Vitamin C: 14.3mg (17.34%), Vitamin A: 842.05IU (16.84%), Iron: 3mg (16.66%), Vitamin B1: 0.24mg (16.09%), Magnesium: 60.86mg (15.22%), Manganese: 0.3mg (14.76%), Vitamin B12: 0.51µg (8.56%), Calcium: 56.96mg (5.7%), Vitamin D: 0.36µg (2.4%)