

North African Beef and Brown Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



95 min.

SERVINGS



2

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound beef round steak diced
- 1 tablespoon beef stock concentrate
- 1 cup brown rice
- 0.8 cup cabbage shredded finely
- 0.3 pound carrots cut into 1/2-inch dice
- 1 tablespoon tomato–chicken bouillon granules knorr® (such as)
- 2 cinnamon sticks
- 3 cloves garlic minced

- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 0.5 small onion diced finely
- 5 cardamom seeds black
- 1.5 teaspoons paprika smoked
- 0.8 pound sweet potatoes cut into 1/2-inch dice
- 1.5 cups water

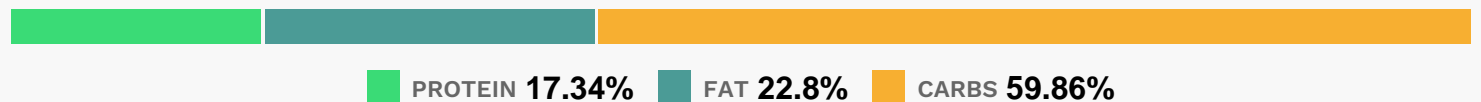
Equipment

- pot

Directions

- Cook and stir steak, onion, and tomato-chicken bouillon together in a large pot over medium heat until steak is browned, 5 to 10 minutes.
- Add garlic, 1 cup water, beef stock concentrate, carrots, and sweet potatoes to the steak mixture; cook and stir until carrots and sweet potatoes are softened, about 20 minutes.
- Mix 1 1/2 cups water, cabbage, cinnamon sticks, paprika, cumin, black pepper, coriander, and cardamom seeds into the steak-sweet potato mixture; bring to a boil.
- Add brown rice and reduce heat to low. Cover pot and simmer until rice has absorbed the liquid, about 45 minutes. Fluff rice and remove cinnamon sticks before serving.

Nutrition Facts



Properties

Glycemic Index:160.79, Glycemic Load:61.23, Inflammation Score:-10, Nutrition Score:42.578260826028%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 817.45kcal (40.87%), Fat: 20.94g (32.22%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 123.67g (41.22%), Net Carbohydrates: 109.19g (39.71%), Sugar: 13.08g (14.53%), Cholesterol: 69.5mg (23.17%), Sodium: 837.54mg (36.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.65%), Vitamin A: 37562.96IU (751.26%), Manganese: 4.97mg (248.57%), Vitamin B6: 1.55mg (77.65%), Vitamin B3: 11.81mg (59.06%), Zinc: 8.77mg (58.48%), Fiber: 14.51g (58.03%), Magnesium: 230.08mg (57.52%), Phosphorus: 558.01mg (55.8%), Vitamin B1: 0.72mg (48.22%), Potassium: 1554.48mg (44.41%), Selenium: 30.74µg (43.92%), Copper: 0.74mg (36.91%), Vitamin K: 37.99µg (36.18%), Iron: 6.28mg (34.87%), Vitamin B5: 3.16mg (31.62%), Vitamin B12: 1.89µg (31.5%), Vitamin B2: 0.52mg (30.65%), Vitamin C: 21.17mg (25.66%), Calcium: 197.44mg (19.74%), Folate: 72.25µg (18.06%), Vitamin E: 1.54mg (10.26%)