



Persian Beef-and-Split-Pea Stew



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef chuck boneless cut into 3/4-inch cubes
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 omani lemons dried with a small sharp knife
- ☐ 6 servings accompaniments: basmati rice; radishes; mint and basil leaves fresh cooked
- ☐ 4 cups onions chopped

- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 0.3 cup tomato paste (preferably Turkish)
- ☐ 0.3 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil
- ☐ 4 cups water
- ☐ 0.5 cup peas dried split yellow picked over rinsed

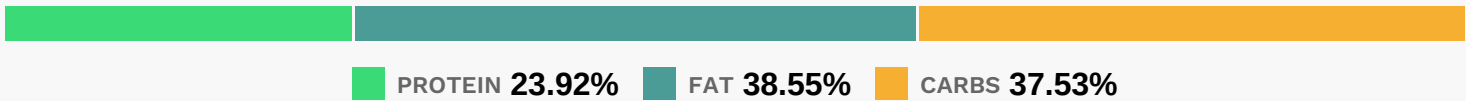
Equipment

- ☐ pot

Directions

- ☐ Cook onions in oil in a 4-quart heavy pot over medium heat, stirring occasionally, until golden brown, 15 to 20 minutes.
- ☐ Pat meat dry and toss with 1 teaspoon salt. Increase heat to high, then add meat, saffron, and turmeric to onions and cook, stirring frequently, until meat is no longer pink, about 5 minutes.
- ☐ Stir in water and tomatoes, then simmer, covered, 1 hour.
- ☐ Stir in split peas, tomato paste, Omani lemons (if using), cinnamon, allspice, and 1/2 teaspoon pepper and simmer, covered, stirring occasionally, until meat is very tender, 1 to 1 1/4 hours more. Discard Omani lemons and stir in salt and Key lime juice to taste.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:25.220869686293%

Flavonoids

Eriodictyol: 8.24mg, Eriodictyol: 8.24mg, Eriodictyol: 8.24mg, Eriodictyol: 8.24mg Hesperetin: 10.87mg, Hesperetin: 10.87mg, Hesperetin: 10.87mg, Hesperetin: 10.87mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 22.08mg, Quercetin: 22.08mg, Quercetin: 22.08mg, Quercetin: 22.08mg

22.08mg, Quercetin: 22.08mg, Quercetin: 22.08mg

Nutrients (% of daily need)

Calories: 359.73kcal (17.99%), Fat: 16.35g (25.15%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 25.54g (9.29%), Sugar: 14.02g (15.58%), Cholesterol: 52.16mg (17.39%), Sodium: 337.95mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Vitamin C: 44.16mg (53.52%), Zinc: 6.85mg (45.65%), Fiber: 10.28g (41.11%), Manganese: 0.74mg (37.07%), Vitamin B6: 0.7mg (35.14%), Vitamin B12: 2.06µg (34.4%), Potassium: 1131.17mg (32.32%), Vitamin B3: 5.89mg (29.44%), Phosphorus: 292.74mg (29.27%), Copper: 0.56mg (27.83%), Iron: 4.91mg (27.28%), Selenium: 17.91µg (25.58%), Vitamin K: 24.82µg (23.64%), Folate: 92.22µg (23.05%), Vitamin B1: 0.34mg (22.71%), Magnesium: 81.01mg (20.25%), Vitamin E: 2.93mg (19.54%), Vitamin B2: 0.27mg (15.9%), Vitamin B5: 1.35mg (13.47%), Calcium: 116.2mg (11.62%), Vitamin A: 539.52IU (10.79%)