



Pulled Beef: Pabellon Criollo



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



28 ounce canned tomatoes whole drained



2 carrots chopped



2 stalks celery chopped



8 servings cilantro leaves for garnish



8 servings rice white cooked



1 pound black beans dried picked over rinsed



1.5 pound flank steak

- ☐ 2 cloves garlic minced
- ☐ 4 cloves garlic chopped
- ☐ 1 ham hock
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 7 tablespoons olive oil extra-virgin
- ☐ 1 medium onion diced
- ☐ 2 onions chopped
- ☐ 2 bell peppers red chopped
- ☐ 6 cups water

Equipment

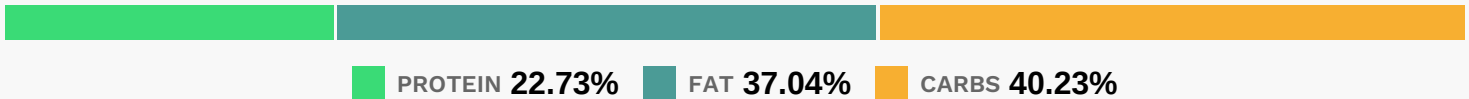
- ☐ frying pan
- ☐ pot
- ☐ pressure cooker

Directions

- ☐ In a large casserole (that has a tight fitting lid) heat 3 tablespoons oil over medium-high heat.
- ☐ Add the carrots, celery, and 1 onion and fry for a few minutes until softened; remove the vegetables to a plate. Season the meat with salt and pepper; add 2 tablespoons more oil to the pan, if needed, and brown the meat on both sides, about 5 minutes. Return the softened vegetables to the pan along with the bay leaf.
- ☐ Add enough water to just about cover the meat and bring to a boil. Lower heat, cover, and simmer gently until meat is very tender, 1 1/2 to 2 hours.
- ☐ Remove meat from the pot and set aside; strain the liquid and reserve.
- ☐ Add another 2 tablespoons oil to the pan and put in the peppers, garlic, tomatoes, and the remaining onion; fry on medium-low heat until everything is soft and broken down, about 15 minutes. Shred the meat and add to the pan to heat through.
- ☐ Add some of the reserved braising liquid if the mixture becomes too dry.
- ☐ Serve with Black Beans and cooked white rice, garnish with cilantro leaves.

- ☐ In a 6-quart pressure cooker over medium-high heat, pour in 3 tablespoons oil.
- ☐ Add the ham hock and onions and cook until the onions are wilted and the ham hock is lightly browned, about 5 minutes. Throw in the garlic and bay leaf and cook for 1 minute more.
- ☐ Add the beans and give a good stir.
- ☐ Pour in the water; add the remaining tablespoon of oil, 1 tablespoon of salt, and a couple of grindings of pepper. Following the manufacturer's instructions, cover, lock the lid, and bring to high pressure. Lower heat to maintain pressure and start timing. Cook at high pressure for 25 minutes.
- ☐ Remove from heat and let rest for 5 minutes. Release the steam, again following the manufacturer's directions. If the beans are underdone, simmer them with the lid off until tender.
- ☐ Remove bay leaf and discard. Pick meat from ham hock and add to beans; discard the bone. Taste and adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:54.48, Glycemic Load:27.92, Inflammation Score:-10, Nutrition Score:39.524347802867%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 719.73kcal (35.99%), Fat: 29.89g (45.99%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 73.07g (24.36%), Net Carbohydrates: 60.09g (21.85%), Sugar: 9.49g (10.54%), Cholesterol: 74.19mg (24.73%), Sodium: 263.87mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.54%), Folate: 306.26µg (76.56%), Vitamin A: 3756.1IU (75.12%), Manganese: 1.34mg (66.76%), Vitamin C: 52.21mg (63.28%), Vitamin B6: 1.09mg (54.6%), Fiber: 12.98g (51.92%), Potassium: 1736.15mg (49.6%), Selenium: 34.04µg (48.63%), Vitamin B1: 0.71mg (47.58%), Phosphorus: 468.2mg (46.82%), Vitamin B3: 8.47mg (42.36%), Copper: 0.84mg (42.16%), Zinc: 6.22mg

(41.48%), Magnesium: 158.16mg (39.54%), Iron: 6.39mg (35.51%), Vitamin E: 5.02mg (33.47%), Vitamin K: 28.12µg (26.78%), Vitamin B2: 0.32mg (19%), Vitamin B5: 1.86mg (18.56%), Calcium: 164.29mg (16.43%), Vitamin B12: 0.77µg (12.9%)