



## Slow-Braised Red Chile Beef



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 oz pepper flakes dried stemmed rinsed seeded
- ☐ 4 large garlic clove
- ☐ 1 tablespoon ground cumin
- ☐ 6 servings kosher salt
- ☐ 4 cups beef broth divided reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion cut into chunks
- ☐ 1 teaspoon oregano dried

- ☐ 6 servings bell pepper
- ☐ 3.5 lbs beef chuck dry rinsed

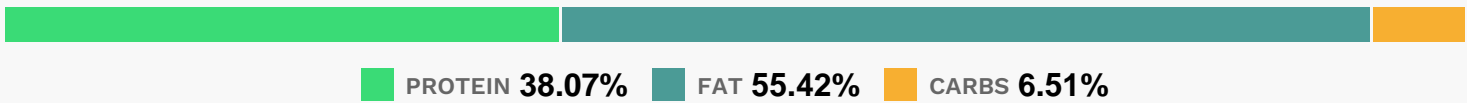
## Equipment

- ☐ oven
- ☐ pot
- ☐ blender

## Directions

- ☐ Bring 3 cups beef broth to a boil. Put chiles in a blender and pour boiling broth over them.
- ☐ Let stand, mixing occasionally, until chiles are limp, about 10 minutes.
- ☐ Add onion, garlic, cumin, and oregano and whirl until very smooth.
- ☐ Meanwhile, preheat oven to 32
- ☐ Sprinkle beef all over with salt and pepper.
- ☐ Pour oil into a large, heavy pot (not extremely wide) over medium-high heat. When hot, add roast and cook, turning as needed, to brown all over, about 10 minutes total.
- ☐ Pour chile mixture over meat and add enough beef broth to come a third to half of the way up roast. Bring to a boil, cover pot, and transfer to oven.
- ☐ Bake until beef is very tender when pierced, about 3 1/2 hours, turning once.
- ☐ Transfer roast to a board. When cool enough to handle, remove string and pull meat into bite-size chunks, discarding excess fat.
- ☐ Meanwhile, skim fat from chile sauce in pot. Boil sauce over high heat, stirring often, until reduced to about 4 cups.
- ☐ Add salt and pepper to taste. Return beef to sauce and simmer until heated through.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:37.46956523605%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

## Nutrients (% of daily need)

Calories: 570.18kcal (28.51%), Fat: 35.6g (54.77%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5g (5.55%), Cholesterol: 182.57mg (60.86%), Sodium: 708.89mg (30.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.03g (110.07%), Vitamin C: 118.29mg (143.38%), Zinc: 20.24mg (134.96%), Vitamin B12: 7.22µg (120.39%), Selenium: 55.13µg (78.76%), Vitamin B6: 1.36mg (68.23%), Vitamin B3: 12.45mg (62.26%), Phosphorus: 541.34mg (54.13%), Vitamin A: 2520.99IU (50.42%), Potassium: 1467.98mg (41.94%), Iron: 6.87mg (38.17%), Vitamin B2: 0.47mg (27.83%), Vitamin B5: 1.93mg (19.35%), Magnesium: 70.04mg (17.51%), Vitamin E: 2.55mg (17%), Vitamin B1: 0.25mg (16.5%), Vitamin K: 14.67µg (13.97%), Folate: 51.17µg (12.79%), Manganese: 0.25mg (12.63%), Copper: 0.22mg (10.95%), Fiber: 2.49g (9.96%), Calcium: 76.35mg (7.64%), Vitamin D: 0.26µg (1.76%)