



WHATSheATE



Slow-Cooker Mexican Beef Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



575 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb stew meat
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 cup onion whole frozen (from 1-lb bag)
- ☐ 1 teaspoon chili powder
- ☐ 1 oz taco seasoning
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, drained canned

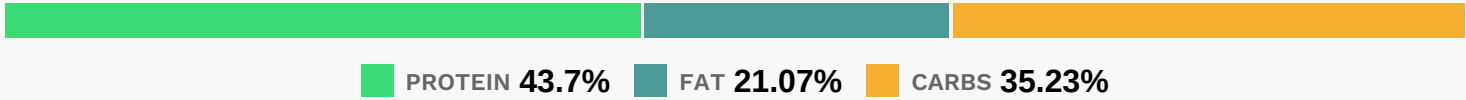
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix beef, tomatoes, frozen onions and chili powder.
- ☐ Cover; cook on Low heat setting 9 to 11 hours.
- ☐ With whisk, stir in taco seasoning mix. Stir in black beans and corn. Increase heat setting to High; cover and cook 15 to 30 minutes longer or until thickened. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:29.39000021893%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 377.46kcal (18.87%), Fat: 8.89g (13.68%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 24.6g (8.95%), Sugar: 7.86g (8.74%), Cholesterol: 93.74mg (31.25%), Sodium: 1003.92mg (43.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.02%), Vitamin B3: 12.75mg (63.74%), Vitamin B6: 1.26mg (63.19%), Selenium: 43.8µg (62.57%), Zinc: 7.23mg (48.23%), Phosphorus: 474mg (47.4%), Vitamin B12: 2.8µg (46.62%), Iron: 6.73mg (37.38%), Fiber: 8.86g (35.45%), Potassium: 1227.23mg (35.06%), Copper: 0.56mg (27.81%), Folate: 100.32µg (25.08%), Manganese: 0.5mg (24.88%), Vitamin B2: 0.41mg (24.35%), Magnesium: 96.43mg (24.11%), Vitamin B1: 0.36mg (24%), Vitamin C: 19.07mg (23.12%), Vitamin A: 829.89IU (16.6%), Vitamin E: 2.24mg (14.93%), Vitamin B5: 1.19mg (11.93%), Calcium: 106.79mg (10.68%), Vitamin K: 9.29µg (8.84%)