



Slow Cooker Pot Roast with Tamarind Sauce (Carne con Salsa de Tamarindo)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock
- ☐ 0.3 cup brown sugar
- ☐ 3 Pounds chuck roast
- ☐ 0.5 cup cilantro leaves fresh plus more for serving
- ☐ 7 garlic cloves
- ☐ 1 bell pepper green
- ☐ 1 teaspoon ground achiote

- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup honey
- ☐ 2 tablespoons hot sauce
- ☐ 1 bell pepper red
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper
- ☐ 5 scallions chopped
- ☐ 2 cups tamarind pulp
- ☐ 0.3 cup tomato paste
- ☐ 2 Tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 2 onions yellow

Equipment

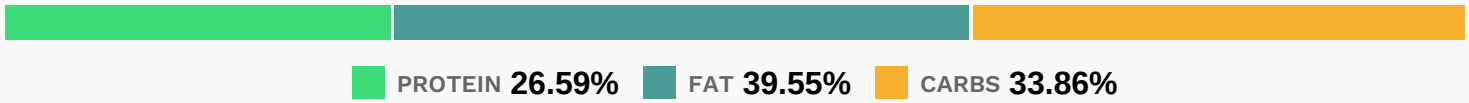
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Season the beef with the cumin, achiote, salt and pepper. In a pan over medium-high heat, heat the oil.
- ☐ Add the beef and cook, turning occasionally, until browned on both sides, about 5 minutes total.
- ☐ Transfer to the slow cooker.
- ☐ Place the water and tamarind pulp in a small pot. Bring to a boil and reduce the heat to low. Cover the pot, and let it simmer for 30 minutes, stirring often. Strain the tamarind mixture and place the liquid in a blender, add the scallion, onions, garlic, peppers, cilantro, tomato paste, hot sauce, sugar, honey, wine and beef stock. Blend until smooth consistency.

- ☐
- Pour the tamarind mixture over beef. Cover and cook on LOW for 12 hours or on HIGH for 8 hours.
- ☐
- Add the remaining cilantro and serve warm.

Nutrition Facts



Properties

Glycemic Index:57.55, Glycemic Load:25.34, Inflammation Score:-8, Nutrition Score:36.357826388401%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 695.38kcal (34.77%), Fat: 31.31g (48.17%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 55.93g (20.34%), Sugar: 44.7g (49.67%), Cholesterol: 156.49mg (52.16%), Sodium: 681.7mg (29.64%), Alcohol: 1.06g (100%), Alcohol %: 0.27% (100%), Protein: 47.36g (94.72%), Zinc: 17.57mg (117.14%), Vitamin B12: 6.19µg (103.19%), Selenium: 49.4µg (70.58%), Vitamin C: 54.58mg (66.16%), Vitamin B3: 11.8mg (59.02%), Vitamin B6: 1.16mg (58.17%), Phosphorus: 533.64mg (53.36%), Iron: 7.61mg (42.27%), Potassium: 1426.37mg (40.75%), Vitamin K: 41.82µg (39.83%), Vitamin B2: 0.51mg (29.77%), Vitamin B1: 0.4mg (26.75%), Magnesium: 105.21mg (26.3%), Vitamin A: 1112.97IU (22.26%), Fiber: 4.39g (17.56%), Vitamin B5: 1.66mg (16.61%), Copper: 0.31mg (15.68%), Manganese: 0.3mg (14.98%), Vitamin E: 1.84mg (12.26%), Calcium: 122.02mg (12.2%), Folate: 40.85µg (10.21%), Vitamin D: 0.23µg (1.51%)