



Southwest Beef Skillet Dinner

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili powder
- 10.8 ounce campbell's® condensed creamy ranchero tomato soup canned
- 1 cup kernel corn whole frozen
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 4 cups cholesterol-free wide pasta noodle-style cooked
- 0.8 cup onion chopped
- 1 pound beef top round steak boneless

2 tablespoons vegetable oil

1 cup water

Equipment

pot

Directions

Slice beef into very thin strips. Toss beef with flour to coat.

Heat 1 tablespoon oil in saucepot over medium-high heat.

Add beef and cook until browned, stirring often.

Remove beef.

Add remaining oil.

Add onions and garlic. Cook over medium heat 1 minute.

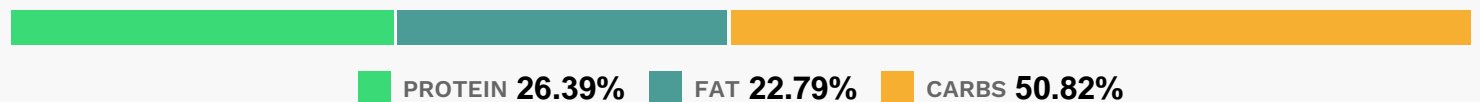
Add soup, water and chili powder.

Heat to a boil. Return beef to saucepot. Cover and cook over low heat 1 hour.

Add corn and heat through.

Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:6.76, Inflammation Score:-5, Nutrition Score:18.602173991825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 519.67kcal (25.98%), Fat: 13.22g (20.34%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 63.72g (23.17%), Sugar: 7.58g (8.42%), Cholesterol: 69.17mg (23.06%), Sodium: 460.47mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.9%), Selenium: 40.12µg (57.31%), Vitamin B3: 9.03mg (45.14%), Vitamin B6: 0.89mg (44.72%), Zinc: 5.53mg (36.87%), Phosphorus: 308.43mg (30.84%), Potassium: 950.92mg (27.17%), Vitamin B12: 1.53µg (25.51%), Iron: 3.81mg (21.15%), Vitamin C: 13.15mg (15.95%), Vitamin K: 16.59µg (15.8%), Vitamin B1: 0.19mg (12.79%), Vitamin B2: 0.21mg (12.54%), Magnesium: 48.12mg (12.03%), Manganese: 0.23mg (11.67%), Fiber: 2.62g (10.47%), Copper: 0.2mg (10.17%), Folate: 39.39µg (9.85%), Vitamin B5: 0.83mg (8.33%), Vitamin E: 1.2mg (8.01%), Vitamin A: 336.46IU (6.73%), Calcium: 47.97mg (4.8%)