

## Southwest Stew

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce pinto beans drained and rinsed canned
- 14.5 ounce canned tomatoes diced peeled canned
- 0.5 teaspoon garlic powder
- 2 pounds ground beef
- 1 teaspoon ground cumin
- 8 servings ground pepper black to taste
- 1 onion chopped
- 4 potatoes cubed

- 1 cup salsa
- 8 servings salt to taste
- 0.5 cup cheddar cheese shredded
- 2 cups water
- 15.3 ounce kernel corn whole drained canned

## Equipment

- frying pan
- slow cooker

## Directions

- Cook ground beef and onion until done.
- In a large pan add beef, onion, tomatoes, beans, corn, potatoes, picante sauce, water, cumin, salt and pepper to taste, and garlic powder. Simmer, covered, for 45 minutes. I like to use slow cooker and let it simmer all day.
- Serve; top with cheese.

## Nutrition Facts



**PROTEIN 21.95%** **FAT 46.08%** **CARBS 31.97%**

## Properties

Glycemic Index:32.84, Glycemic Load:17.56, Inflammation Score:-6, Nutrition Score:23.008260851321%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

## Nutrients (% of daily need)

Calories: 515.61kcal (25.78%), Fat: 26.53g (40.81%), Saturated Fat: 10.3g (64.4%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 34.76g (12.64%), Sugar: 5.49g (6.1%), Cholesterol: 87.58mg (29.19%), Sodium: 837.98mg (36.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.88%), Vitamin B6: 0.88mg (44%), Vitamin B12: 2.5µg (41.69%), Zinc: 6.01mg (40.06%), Phosphorus: 376.29mg (37.63%), Vitamin B3: 7.51mg (37.53%), Potassium: 1231.93mg (35.2%), Vitamin C: 28.66mg (34.73%), Selenium: 20.06µg (28.66%), Iron: 4.96mg (27.57%), Manganese:

0.55mg (27.31%), Fiber: 6.65g (26.61%), Magnesium: 87.52mg (21.88%), Copper: 0.42mg (21.2%), Vitamin B2: 0.29mg (17.16%), Folate: 65.61µg (16.4%), Vitamin B1: 0.23mg (15.37%), Calcium: 143.73mg (14.37%), Vitamin E: 1.88mg (12.56%), Vitamin B5: 1.21mg (12.14%), Vitamin K: 9.67µg (9.21%), Vitamin A: 343.37IU (6.87%), Vitamin D: 0.16µg (1.04%)