



Southwestern Steak and Pinto Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup bell pepper diced red
- ☐ 0.5 cup bottled chunky salsa divided
- ☐ 1 pound rump steak boneless trimmed

☐ 1 teaspoon vegetable oil

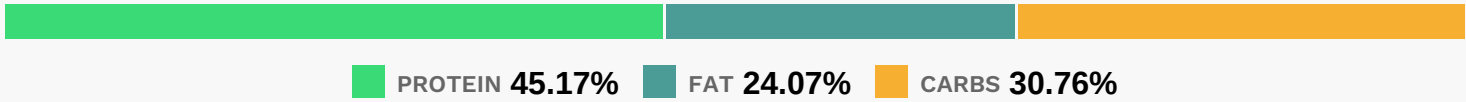
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Combine first 3 ingredients.
- ☐ Remove 1 teaspoon cumin mixture, and set aside.
- ☐ Sprinkle remaining cumin mixture evenly over steak. Lightly coat steak with cooking spray.
- ☐ Place steak in grill pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; let stand 5 minutes.
- ☐ Cut into thin slices.
- ☐ While steak cooks, heat the oil in a medium saucepan over medium-high heat.
- ☐ Add bell pepper; saut 4 minutes or until tender.
- ☐ Add reserved cumin mixture, 1/4 cup salsa, and beans; cook 1 minute or until thoroughly heated, stirring constantly.
- ☐ Place 1/2 cup bean mixture on each of 4 plates; divide beef evenly over bean mixture. Top each serving with 1 tablespoon salsa and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:5.55, Inflammation Score:-8, Nutrition Score:23.09043481039%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin:

0.61mg

Nutrients (% of daily need)

Calories: 271.82kcal (13.59%), Fat: 7.27g (11.19%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 14.53g (5.28%), Sugar: 3.92g (4.36%), Cholesterol: 69.17mg (23.06%), Sodium: 1146.95mg (49.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.4%), Vitamin C: 49.45mg (59.93%), Vitamin B3: 9.47mg (47.36%), Vitamin B6: 0.93mg (46.63%), Selenium: 29.29µg (41.85%), Zinc: 5.48mg (36.54%), Phosphorus: 353.7mg (35.37%), Vitamin A: 1448.14IU (28.96%), Fiber: 6.37g (25.49%), Potassium: 860.47mg (24.58%), Manganese: 0.46mg (22.87%), Iron: 4.07mg (22.62%), Vitamin B12: 1.35µg (22.49%), Magnesium: 72.8mg (18.2%), Folate: 59.49µg (14.87%), Copper: 0.29mg (14.5%), Vitamin E: 2.14mg (14.24%), Vitamin K: 12.19µg (11.61%), Vitamin B2: 0.18mg (10.87%), Vitamin B5: 1.07mg (10.73%), Vitamin B1: 0.16mg (10.68%), Calcium: 99.29mg (9.93%)