



Stuffed Beef (Carne o Posta Rellena)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



541 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bacon chopped
- ☐ 1.5 cups beef broth
- ☐ 3 pounds beef eye round roast
- ☐ 2 garlic cloves
- ☐ 0.5 tablespoon ground cumin
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup carrots and peas
- ☐ 3 medium potatoes peeled cut into chunks

- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt and pepper
- ☐ 1 scallion
- ☐ 0.5 tablespoon tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 pound yuca peeled cut into chunks

Equipment


- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ slow cooker
- ☐ pressure cooker

Directions

- ☐ Place the onions, garlic, red bell pepper, oil and scallion in a food processor and puree. To create the cavity for the stuffing, use a long sharp knife and cut an 1 1/2 to 2-inch hole through the center of the roast making a lengthwise slit. Turn the meat around and cut another slit in the same spot so that your knife completes the cavity. Stuff the beef with the bacon, peas, carrots and half of the onion mixture, pushing with your fingers to be sure the filling goes all the way through. Tie the end of the beef so the filling does not come out.
- ☐ Place the beef in a zip lock bag, add the rest of the onion mixture, salt and pepper. Be sure the beef is covered with the marinade and refrigerate for at least 3 hours or overnight. In a large skillet over medium-high heat, brown the meat on all sides in oil. When it is browned, put it in the slow cooker. In a small bowl mix the beef broth, tomato paste, ground cumin, salt, pepper and sazón Goya.
- ☐ Pour over the beef, cover and cook on high for 4 hours.
- ☐ Add the potatoes and yuca after 3 1/2 hours of cooking. Note: If using a pressure cooker, cook for 45 minutes.

Nutrition Facts



 **PROTEIN 42.06%**  **FAT 30.49%**  **CARBS 27.45%**

Properties

Glycemic Index:52.67, Glycemic Load:22.45, Inflammation Score:-8, Nutrition Score:35.935216976249%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 540.91kcal (27.05%), Fat: 17.97g (27.64%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 32.55g (11.84%), Sugar: 2.25g (2.5%), Cholesterol: 147.12mg (49.04%), Sodium: 642.53mg (27.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.77g (111.53%), Vitamin B6: 1.92mg (95.86%), Selenium: 66.24µg (94.63%), Vitamin B3: 17.95mg (89.75%), Vitamin B12: 4.29µg (71.45%), Zinc: 10.13mg (67.52%), Phosphorus: 596.94mg (59.69%), Vitamin C: 39.53mg (47.92%), Potassium: 1453.59mg (41.53%), Iron: 6.34mg (35.2%), Vitamin A: 1359.9IU (27.2%), Vitamin B2: 0.46mg (26.98%), Vitamin B1: 0.39mg (26.2%), Magnesium: 95.8mg (23.95%), Manganese: 0.43mg (21.55%), Copper: 0.41mg (20.36%), Folate: 67.77µg (16.94%), Fiber: 3.84g (15.38%), Vitamin B5: 1.47mg (14.72%), Vitamin K: 14.3µg (13.62%), Calcium: 79.64mg (7.96%), Vitamin E: 1.18mg (7.84%)