



Sudado de Costillas de Res (Colombian Beef Short Ribs Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon achiote powder
- ☐ 2 bay leaves
- ☐ 3 cup beef broth
- ☐ 1 pound cassava peeled cut into pieces
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic mashed
- ☐ 1 tablespoon ground cumin

- ☐ 6 servings olive oil
- ☐ 1 cup onion chopped
- ☐ 4 potatoes peeled cut into pieces
- ☐ 1 bell pepper red chopped
- ☐ 6 servings salt and pepper
- ☐ 4 scallions chopped
- ☐ 6 rib short bone-in
- ☐ 2 cups water

Equipment

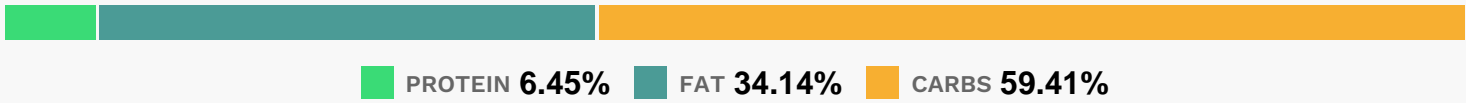
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Season the short ribs with salt and pepper.
- ☐ Add some olive oil to a large pot over high heat.
- ☐ Add the short ribs to the pot and brown for about 2 minutes per side. While the short ribs are browning, place the onions, garlic, scallions and red bell pepper in the food processor. When the short ribs are brown on all sides, add the onion mixture, cumin, achiote, bay leaves and hogao. Stir well and cook for 5 minutes more.
- ☐ Add the beef broth and water. Cover the pan and reduce the heat to medium-low and cook for about 3 hours. Check often during the cooking process and add more water, if necessary. Add the potatoes and yuca. Cook for about 30 minutes more.
- ☐ Add the fresh cilantro and serve with white rice on the side. Directions using a slow cooker: Follow step 1 and 2 of using a regular pot.
- ☐ Transfer the short ribs to the slow cooker.
- ☐ Add the onion mixture, cumin, achiote, bay leaves and hogao. Stir well and cook for 5 minutes more.

- ☐
- Add the beef broth.Cover and cook on HIGH for 6 hours. About one hour before the dish is done, add the potatoes and yuca.
- ☐
- Add the fresh cilantro and serve with white rice on the side.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:36.03, Inflammation Score:-8, Nutrition Score:17.872608651286%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 15.05g (23.15%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 53.17g (19.33%), Sugar: 4.59g (5.1%), Cholesterol: 0.59mg (0.2%), Sodium: 669.86mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin C: 73.33mg (88.89%), Manganese: 0.66mg (32.82%), Vitamin K: 34.41µg (32.77%), Vitamin B6: 0.62mg (31.07%), Potassium: 1005.12mg (28.72%), Fiber: 5.75g (22.98%), Vitamin E: 2.6mg (17.36%), Vitamin B3: 3.45mg (17.26%), Folate: 65.93µg (16.48%), Vitamin A: 818.81IU (16.38%), Magnesium: 63.02mg (15.75%), Vitamin B1: 0.22mg (14.68%), Iron: 2.6mg (14.47%), Phosphorus: 142.66mg (14.27%), Copper: 0.28mg (13.96%), Vitamin B2: 0.15mg (8.6%), Calcium: 65.52mg (6.55%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.92mg (6.16%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.12µg (1.97%)