



Tex-Mex Stew

READY IN



26 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce black beans drained and rinsed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 11 ounce corn nibblets drained canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 4.3 ounce chiles diced green
- ☐ 1 tablespoon ground cumin
- ☐ 1.5 pounds ground beef lean
- ☐ 1 packet onion soup mix
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 cup pasilla peppers sweet green red frozen chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 2.3 cups water

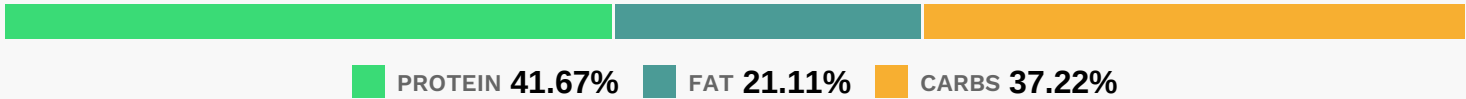
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Brown beef in a 5 to 6 quart deep pot over medium-high heat, about 5 minutes, breaking up meat with wooden spoon but leaving some large pieces.
- ☐ Add frozen chopped peppers, beans, corn, chiles, soup mix, 2 cups water, cumin, salt, oregano and cayenne. Simmer, covered, 10 minutes. Stir 1/4 cup water into flour in small cup until smooth. Stir into stew; cook until thickened, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:20.466086791909%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 302.73kcal (15.14%), Fat: 7.01g (10.79%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 21.3g (7.74%), Sugar: 0.95g (1.06%), Cholesterol: 70.31mg (23.44%), Sodium: 1257.17mg (54.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.29%), Zinc: 6.52mg (43.47%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 7.64mg (38.21%), Vitamin C: 30.07mg (36.44%), Phosphorus: 354.36mg (35.44%), Selenium: 21.99µg (31.42%), Vitamin B6: 0.61mg (30.63%), Iron: 5.49mg (30.49%), Fiber: 6.52g (26.09%), Potassium: 816.8mg (23.34%), Folate: 83.9µg (20.98%), Vitamin B2: 0.33mg (19.22%), Magnesium: 69.36mg (17.34%), Manganese:

0.35mg (17.33%), Copper: 0.31mg (15.68%), Vitamin B1: 0.22mg (14.54%), Vitamin B5: 0.97mg (9.74%), Calcium: 71.67mg (7.17%), Vitamin A: 171.32IU (3.43%), Vitamin E: 0.51mg (3.39%), Vitamin K: 3.44µg (3.27%)