



Torta Ahogada (Drowned Beef Sandwich)



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons adobo sauce from chipotles canned
- ☐ 1 avocado pitted peeled smashed halved
- ☐ 16 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced with green chiles chopped canned
- ☐ 2 to 3 chipotle chiles in adobo seeded chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2 jalapeños minced seeded

- ☐ 1 juice of lime juiced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup beef broth low-sodium
- ☐ 1 large onion thinly sliced
- ☐ 1 pound deli- roast beef cut into strips
- ☐ 2 tablespoons vegetable oil
- ☐ 4 bolillo lightly toasted halved

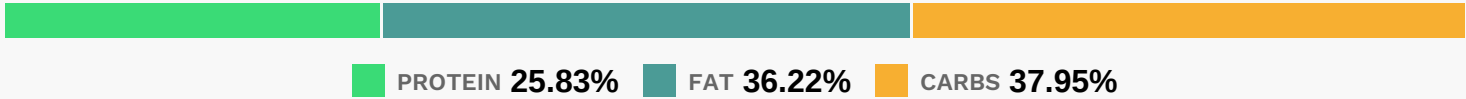
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ In a large saucepan over medium heat, combine the chopped tomatoes with chiles, tomato sauce, cilantro, chipotles, adobo sauce, lime juice, and salt. Bring to a simmer, stirring. Reduce the heat to medium-low and continue to gently cook for 15 minutes, stirring occasionally.
- ☐ Place a large skillet over medium-high heat and add the oil. When the oil is hot, add the onions. Cook and stir until the onions begin to soften, about 3 minutes.
- ☐ Add the garlic and jalapeno, stirring to incorporate. Cook and stir for an additional 2 to 3 minutes, until the onions are well browned and the garlic and jalapenos soften.
- ☐ Add the meat and toss until heated through and well combined, about 2 minutes.
- ☐ Add 3/4 cup of the tomato sauce to the roast beef mixture, tossing to coat.
- ☐ Remove the sauce from the heat and add the broth. Using an immersion or standard blender, puree the sauce until smooth, it should be thin. Ladle the sauce into 4 bowls for dipping. Be sure the bowls are large enough so the sauce doesn't slop out when the sandwich is dipped.
- ☐ Spread the smashed avocado on the both side of the roll. Pile the meat filling on the bottom halves of the sandwich buns, close, and cut each sandwich in half. Arrange each sandwich on a plate with the dipping sauce on the side. Dip and eat!

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:33.849999966829%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 524.83kcal (26.24%), Fat: 21.75g (33.46%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 41.96g (15.26%), Sugar: 7.97g (8.86%), Cholesterol: 64.64mg (21.55%), Sodium: 3962.19mg (172.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.8%), Vitamin C: 102.91mg (124.74%), Vitamin B3: 13.47mg (67.36%), Vitamin B6: 0.91mg (45.74%), Selenium: 31.71µg (45.3%), Calcium: 439.13mg (43.91%), Folate: 164.35µg (41.09%), Iron: 7mg (38.87%), Fiber: 9.32g (37.28%), Potassium: 1262.59mg (36.07%), Phosphorus: 360.17mg (36.02%), Zinc: 5.39mg (35.94%), Vitamin B12: 1.93µg (32.13%), Vitamin B2: 0.51mg (30.18%), Vitamin K: 31.41µg (29.91%), Manganese: 0.59mg (29.44%), Vitamin B1: 0.42mg (28.07%), Vitamin E: 3.84mg (25.59%), Copper: 0.43mg (21.52%), Magnesium: 80.62mg (20.16%), Vitamin B5: 1.78mg (17.83%), Vitamin A: 807.24IU (16.14%)