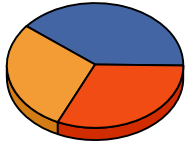




## Beef and Butternut Chile Colorado

Recipe grams: 2078.60g/73.3oz

Serves 4 519.65g/18.3oz per serving



Protein: 39%  
Carbohydrates: 29%  
Fat: 32%

### INGREDIENTS

1 lb BEEF CHUCK EYE ROAST, BONELESS, AMERICA'S BEEF ROAST, RAW  
 1 dash SALT, TABLE  
 1 tbsp OLIVE OIL, salad or cooking  
 6 clove GARLIC, RAW  
 4 cup BEEF SOUP STOCK, HP  
 6 oz TOMATO PASTE W/SALT, canned  
 1 tbsp CUMIN SEED, GROUND  
 1 tbsp OREGANO, DRIED, LEAVES  
 2 pepper PEPPER, ANCHO, DRIED  
 3 cup BUTTERNUT SQUASH, RAW, Winter, cubed

### DIRECTIONS

Prep:  
 Cube chuck roast into 1-inch cubes.  
 Chop Peppers  
 Cube Squash.  
 Mince Garlic  
 Place 1/2 of chopped peppers and 1/2 cup broth in a food processor and process until smooth.

Cook:  
 Brown Beef in a dutch oven over high heat with olive oil. When browned, add garlic and cook until fragrant. Add remaining broth, cumin and oregano. Combine and bring to a boil. Add tomato paste and incorporate.  
 Reduce heat, cover and simmer for about 40 minutes.

Add squash, chili/broth mix and remaining chillis. Cover and simmer until squash is tender and stew is thickened, about 20 minutes.

Nutrition Facts		
4 servings per container		
<b>Serving size</b>		<b>1 serving (520g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>340</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	12g	<b>15%</b>
Saturated Fat 4.0g		<b>19%</b>
Trans Fat 0g		
<b>Cholesterol</b>	80mg	<b>26%</b>
<b>Sodium</b>	960mg	<b>42%</b>
<b>Total Carbohydrate</b>	30g	<b>11%</b>
Dietary Fiber 6g		<b>22%</b>
Total Sugars 9g		
<b>Protein</b>	33g	
Vit. D 0.11mcg 0% • Calcium 145mg 10% Iron 7mg 40% • Potas. 1910mg 40%		