southwest pot roast with pinto beans

TOTAL TIME

up to 3 1/2 hours (Active Time - 20 minutes)

MAKES 6 SERVINGS

APRON'S ADVICE

Complete your meal with steamed broccoli, brown rice, and chunky applesauce for dessert. Black beans or kidney beans would be a great substitute for the pinto beans.

SHOPPING LIST

Dry Grocery
1 (15-oz) can fat-free pinto beans
1 (14.5-oz) can fire-roasted diced tomatoes
1 tsp ground cumin
1/4 tsp red pepper flakes

Meat
1 lb flank steak (or chuck roast)

Produce
1 tsp minced garlic
1 (8-oz) package tri-pepper mix (fresh diced green, red, yellow bell peppers)
1 small yellow onion

From Your Pantry
aluminum foil
1 tsp chili powder
1 tsp dried oregano
1/2 tsp kosher salt

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COOKING SEQUENCE

- Prepare beef and begin to bake - 10 minutes
- Bake beef - 1 to 2 hours
- About 45 minutes before serving, prepare suggested sides; complete beef and serve - 50 minutes

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INGREDIENTS

1 lb flank steak (or chuck roast)
1 small yellow onion, coarsely chopped
1 teaspoon minced garlic
1 (14.5-oz) can fire-roasted diced tomatoes (undrained)
1 (8-oz) package tri-pepper mix (fresh diced green, red, yellow bell peppers)
1 teaspoon dried oregano
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon kosher salt
1/4 teaspoon pepper
1/4 teaspoon red pepper flakes
Aluminum foil
1 (15-oz) can fat-free pinto beans (drained and rinsed)

PREP

- Preheat oven to 350°F.
- Cut steak across the grain into 2-inch strips (wash hands).
- Chop onion.

STEPS

1. Place meat in a baking pan. Combine tomatoes (undrained), onions, garlic, peppers, oregano, chili powder, cumin, salt, pepper, and red pepper flakes; pour over meat. Cover with foil; bake 2–3 hours or until tender.
2. Add beans to roast; bake, uncovered, 5 more minutes, or until beans are hot. Shred meat, using two forks. Serve.

CALORIES (per 1/6 recipe) 240kcal; FAT 6g; CHOL 40mg; SODIUM 340mg; CARB 17g; FIBER 5g; PROTEIN 25g; VIT A 8%; VIT C 35%; CALC 8%; IRON 20%

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