

Harissa Beef Stew with Bulgur Sumac

2 servings. Ready in 30 min.



Ingredients

Ground Beef (85/15), 1 pound (454 g)
Tomato, Fresh, Cherry, 1 cup (142 g)
Tomato, Canned, 0.5 c (118 g)
Spinach, 3 ounces (84 g)
Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)
Bulgur, 1 cup (140 g)
Harissa seasoning, upc: 04020116, 0.25 tsp (1 g)
Sumac, 1 serving (1 g)
Paprika, 1 teaspoon (2 g)
Chili Powder, 1 teaspoon (2 g)
Olive Oil, 1 tsp (5 g)
Garlic, 1 garlic clove (4 g)
Table salt, 1 teaspoon (5 g)
Fennel, 0.5 cup, sliced (44 g)

Instructions/Preparation

1. Heat a pan with olive oil to high heat
2. Add the beef mince and break with a wooden spoon
3. Let the beef cook until browned
4. Whilst the beef cooks, wash and chop the cherry tomatoes
5. Add the tomatoes to the pan
6. Chop and add the garlic to the pan, mix well
7. Boil some water in a separate saucepan and add the bulgur there. It should absorb all water in the pan and take about 10 minutes to cook. You can add extra water if absorbed too quickly.
8. Once the beef and tomato is cooked a bit, add the salt, paprika, chilli (optional), harissa spice, and canned tomato and mix well.
9. Wash the spinach and mix well in the pan
10. Once the bulgur is cooked, add sumac and mix well
11. Serve in a plate with the sumac and beef stew side by side, top with yoghurt and fresh chopped fennel

Extra comments/notes

- If at any point the meat is burning in the pan, you can add a bit of water.

- You can replace the beef for vegetarian mince if needed
- You can store the meal in the fridge and this way you can eat it the following day

Food	Energy/ srv	Protein /srv	Fat/s rv	Carbs/ srv	Fiber/ srv	NetCarbs /srv
Spinach, 3 ounces (84 g)	9.7 kcal	1.2 g	0.2 g	1.5 g	0.9 g	0.6 g
TOTAL	896.44 kcal	54.98 g	48.1 4 g	67.76 g	12.82 g	54.94 g
Fennel, 0.5 cup, sliced (44 g)	6.8 kcal	0.3 g	0.1 g	1.6 g	0.7 g	1 g
Ground Beef (85/15), 1 pound (454 g)	531.2 kcal	40.2 g	41.2 g	0 g	0 g	0 g
Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)	51.9 kcal	3 g	2.8 g	4 g	0 g	4 g
Garlic, 1 garlic clove (4 g)	3 kcal	0.2 g	0 g	0.7 g	0.1 g	0.6 g
Bulgur, 1 cup (140 g)	239.4 kcal	8.6 g	1 g	53.1 g	8.8 g	44.4 g
Olive Oil, 1 tsp (5 g)	22.1 kcal	0 g	2.5 g	0 g	0 g	0 g
Paprika, 1 teaspoon (2 g)	2.8 kcal	0.2 g	0.2 g	0.6 g	0.4 g	0.2 g
Chili Powder, 1 teaspoon (2 g)	2.8 kcal	0.2 g	0.2 g	0.5 g	0.4 g	0.2 g
Tomato, Canned, 0.5 c (118 g)	14.1 kcal	0.7 g	0.2 g	3.1 g	0.9 g	2.2 g
Tomato, Fresh, Cherry, 1 cup (142 g)	12.8 kcal	0.6 g	0.2 g	2.8 g	0.9 g	1.9 g
Harissa seasoning, upc: 04020116, 0.25 tsp (1 g)	0 kcal	0 g	0 g	0 g	NaN	NaN g
Sumac, 1 serving (1 g)	0 kcal	0 g	0 g	0 g	NaN	NaN g
Table salt, 1 teaspoon (5 g)	0 kcal	0 g	0 g	0 g	0 g	0 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Ash	8.68 g	n/a	n/a	n/a
Starch	n/a	n/a	n/a	n/a
Sucrose	0.09 g	n/a	n/a	n/a
Glucose (dextrose)	2.05 g	n/a	n/a	n/a
Fructose	2.13 g	n/a	n/a	n/a
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	405.44 g	n/a	n/a	n/a
Sugars, total	9.43 g	n/a	n/a	n/a
Galactose	0.04 g	n/a	n/a	n/a
Fiber, total dietary	12.82 g	n/a	n/a	n/a
Calcium, Ca	218.37 mg	1000 mg	2500 mg	22
Iron, Fe	8.33 mg	8 mg	45 mg	104
Magnesium, Mg	182.3 mg	400 mg	*350 mg	46
Phosphorus, P	364.31 mg	700 mg	4000 mg	52
Potassium, K	1136.46 mg	4700 mg	n/a	24
Sodium, Na	1556.95 mg	1500 mg	2300 mg	104
Zinc, Zn	2.49 mg	11 mg	40 mg	23
Copper, Cu	0.45 mg	0.9 mg	10 mg	49
Fluoride, F	32.39 µg	4000 µg	10000 µg	1
Manganese, Mn	2.77 mg	2.3 mg	11 mg	120
Selenium, Se	4.97 µg	55 µg	400 µg	9
Vitamin A, IU	8999.46 IU	n/a	n/a	n/a
Retinol	22.95 µg	n/a	n/a	n/a
Vitamin A, RAE	312.58 µg	900 µg	3000 µg	35
Carotene, beta	3379.06 µg	n/a	n/a	n/a
Carotene, alpha	98.56 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	3.33 mg	15 mg	1000 mg	22
Vitamin D	1.7 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.09 µg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Vitamin D (D2 + D3)	0.09 µg	15 µg	100 µg	1
Cryptoxanthin, beta	98.53 µg	n/a	n/a	n/a
Lycopene	9990.36 µg	n/a	n/a	n/a
Lutein + zeaxanthin	5703.48 µg	n/a	n/a	n/a
Tocopherol, beta	0.03 mg	n/a	n/a	n/a
Tocopherol, gamma	0.31 mg	n/a	n/a	n/a
Tocopherol, delta	0.01 mg	n/a	n/a	n/a
Tocotrienol, alpha	0.08 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	0.03 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	29.32 mg	90 mg	2000 mg	33
Thiamin	0.28 mg	1.2 mg	n/a	23
Riboflavin	0.36 mg	1.3 mg	n/a	28
Niacin	5.32 mg	16 mg	35 mg	33
Pantothenic acid	1.43 mg	5 mg	n/a	29
Vitamin B6	0.54 mg	1.3 mg	100 mg	41
Folate, total	128.98 µg	400 µg	1000 µg	32
Vitamin B12	0.32 µg	2.4 µg	n/a	13
Choline, total	55.79 mg	550 mg	3500 mg	10
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	228.64 µg	120 µg	n/a	191
Folic acid	n/a	n/a	n/a	n/a
Folate, food	128.98 µg	n/a	n/a	n/a
Folate, DFE	128.98 µg	n/a	n/a	n/a
Betaine	43.73 mg	n/a	n/a	n/a
Tryptophan	0.63 g	n/a	n/a	n/a
Threonine	2.25 g	n/a	n/a	n/a
Isoleucine	2.29 g	n/a	n/a	n/a
Leucine	4.27 g	n/a	n/a	n/a
Lysine	4.15 g	n/a	n/a	n/a
Methionine	1.39 g	n/a	n/a	n/a
Cystine	0.68 g	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Phenylalanine	2.21 g	n/a	n/a	n/a
Tyrosine	1.85 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	160.87 mg	n/a	n/a	n/a
Fatty acids, total trans	2.06 g	n/a	n/a	n/a
Fatty acids, total saturated	20.44 g	n/a	n/a	n/a
Phytosterols	16.86 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	20.91 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.71 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	1.51 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.55 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	54.94 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

<https://nutriadmin.com/docs/reference-for-nutritional-information-and-formulas-in-nutriadmin>