MEXICAN · LUNCH · DINNER

Mole de Olla (Mexican Beef Shank and Vegetable Chilli Soup)

Mole de olla

105 min · Serves 8 · 317 kcal a serve · Video 10:17 in Spanish · Chef Oropeza

Gluten-free ingredients · No dairy listed · No nuts listed

36 g protein, under 18 g net carbs and 7 g fibre a serve from tender beef shank in a pasilla chilli broth with corn, carrot, zucchini, chayote and green beans. Rich in vitamin B12, zinc, iron and vitamin A.

Diet notes: Low saturated fat (2.5 g, 7% of the energy); DASH-friendly (470 mg sodium a serve).

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Ingredients 20 · SERVES 8

- [ ] 2¼ lb **boneless beef shank** (chambarete), in large pieces
- [ ] 2 **white corn cobs** (elotes), each cut into 4
- [ ] 5 **xoconostles** (sour prickly pears), peeled and quartered (seeds not eaten)
- [ ] ½ **white onion**, for the broth
- [ ] 6 **garlic** cloves, for the broth
- [ ] 2 quarts **water**
- [ ] a little **canola oil** (about 1 tbsp), for the sauce vegetables
- [ ] ½ **onion**, in chunks, for the sauce
- [ ] 6 **garlic** cloves, for the sauce
- [ ] 2 **tomatoes**, quartered
- [ ] 12 **pasilla chillies**, stemmed, seeded and torn
- [ ] 2 **carrots**, in large cubes, blanched
- [ ] 2 **Mexican zucchini** (calabacitas), in large cubes, blanched
- [ ] 1 **chayote**, peeled, in large cubes, blanched
- [ ] 1 cup **green beans**, halved, blanched
- [ ] 1 sprig **epazote**
- [ ] **flor de sal** (sea salt), a pinch for the broth and more to taste
- [ ] a little **ground black pepper**
- [ ] ¼ **onion**, finely chopped, to serve
- [ ] 2 **limes**, in wedges, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the beef shank, corn pieces, quartered xoconostles, half onion and garlic in a pressure cooker and cover everything with the water. 0:34
2. Close the cooker, bring it up to pressure over high heat, then lower the heat and cook until the beef is very tender (about 35 minutes to an hour). Let the pressure drop before opening. 2:51
3. Meanwhile fry the onion chunks and garlic in a little oil until they start to colour, then add the tomatoes and pasilla chillies with a pinch of salt and cook until shiny and the tomatoes release their juice. 3:31
4. Blend the chilli mixture with some of the broth from the cooker until very smooth, then strain it straight into the pot of broth and beef, adding a splash of water to help it through the sieve. 6:05
5. Add the blanched carrot, green beans, zucchini and chayote, the epazote and some black pepper. Thin with more water or broth if too thick. 7:46
6. Boil for about 10 minutes, taste for salt and serve in bowls with chopped onion and lime wedges. 8:40

> **Tip** About 8 bowls (our estimate for 2¼ lb beef). On camera he uses a little oil and strains the sauce straight into the pot; his written recipe fries it in 6 tbsp oil. Served with avocado and tortillas; skip the corn cobs to cut carbs.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
317 kcal 1,330 kJ	**36 g** 72% of a day	**24 g** 18 g net · 7.7 g sugars 9% of a day
FIBRE	**FAT**	**SODIUM**
6.7 g 24% of a day	**9.5 g** 2.5 g saturated 12% of a day	**470 mg** 21% of a day

Energy from net carbs 24% · protein 48% · fat 28% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 148% · Zinc 96% · Vitamin B6 60% · Selenium 54% · Iron 31% · Vitamin A 31% · Vitamin C 29% · Potassium 24% · Magnesium 22%

Source of (10–19%) Vitamin K 15% · Folate 14% · Omega-3 13%

Recipe and video: Chef Oropeza (@cheforopeza) on YouTube — youtube.com/watch?v=VmGwEWBivco, published 20 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mole-de-olla