

Carne Adovada

Yield: 10 min
Total Time: 1000 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-new-mexico-carne-advada-recipe>

Ingredients:

- 2 tablespoons canola oil
- 3 tablespoons all-purpose flour
- 4 tablespoons new mexico red chile powder
- 2 1/2 cups warm water
- 3 cloves garlic peeled and minced
- 1 1/2 teaspoons dried oregano
- 1/3 teaspoon ground cumin
- 1 tablespoon salt
- 3 pounds pork stew meat cubed

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 100 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 11 grams
8. Sodium: 820 milligrams

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