

# Rudy's Molcajete Mixto

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/nopales-indian-recipe>

## Ingredients:

- 1/2 pound carne asada thinly sliced, beef steak
- 1/2 pound boneless chicken breast
- 5 shrimp large, shelled
- 4 1/2 ounces chorizo (Mexican sausage) chorizo, Mexican
- 2 nopales cactus leaves or zucchini and yellow squash
- 2 jalapeno peppers
- 1/4 bunch cilantro
- 2 green onions
- 1 tomato large
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 lime quartered
- 1 avocado
- 1/4 pound queso fresco Mexican cheese
- 16 ounces Herdez Salsa Verde
- 8 ounces tortillas small

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 60 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 690 milligrams
9. Sugar: 3 grams

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