

# GREEK BEEF STIFADO

Yield: 6 min  
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-stifatho-recipe>

## Ingredients:

- 26 5/8 ounces chopped tomatoes
- 2 cinnamon sticks
- 2 bay leaves
- 1 teaspoon dried oregano
- 1/3 cup extra-virgin olive oil
- 1 1/2 teaspoons ground allspice
- 1 chopped tomatoes
- red wine such as merlot 1/2 cup
- 1/4 cup white wine vinegar
- 6 whole cloves
- 2 pounds chuck roast beef, fat trimmed, then cubed
- extra virgin olive oil for the meat
- orzo pasta to serve, optional
- salt
- 1 pound shallots or small pearl onions, peeled

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 100 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 34 grams
7. SaturatedFat: 13 grams
8. Sodium: 240 milligrams
9. Sugar: 4 grams

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