

Brazilian Skirt Steak

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-style-churrasco-beef-recipe>

Ingredients:

- 3 1/2 pounds skirt steak
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 teaspoon sea salt
- ground black pepper
- 1 tablespoon red wine vinegar
- 3 cups beet greens fresh, stemmed and rinsed
- 2 tablespoons blackberry jam
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon ground black pepper course-
- 2 slices red onion thinly sliced

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 225 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 85 grams
7. SaturatedFat: 12 grams
8. Sodium: 940 milligrams
9. Sugar: 7 grams

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