

Tinga

Yield: 11 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-mexican-cheese-keto-recipe>

Ingredients:

- 1 pound pork shoulder or tenderloin, cut into 1-inch cubes
- 1 pound mexican chorizo do not use Spanish chorizo. It's a completely different meat.
- 1 bay leaf
- 1 onion large
- 5 cloves garlic
- 3 chipotle peppers in adobo
- 1 cup Roma tomatoes peeled ripe, about 4. You can use canned ones if tomatoes aren't in season
- 1/2 teaspoon Mexican oregano
- 1/2 teaspoon thyme
- 1/2 cup cilantro
- black pepper
- salt
- 1 avocado thinly sliced
- cheese Cortija
- 1 lime cut into wedges

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 65 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 8 grams
8. Sodium: 630 milligrams
9. Sugar: 2 grams

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