

Pressure Cooker Texas Red Chili

Yield: 7 min
Total Time: 110 min

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

Ingredients:

- 1 tablespoon vegetable oil
- 5 pounds beef chuck roast cut into 2 inch cubes
- 1 tablespoon kosher salt
- 2 onions medium, diced
- 4 cloves garlic minced
- 2 chipotles en adobo minced, with sauce
- 1/2 teaspoon kosher salt
- 1/2 cup chili powder
- 2 tablespoons cumin
- 2 teaspoons oregano preferably Mexican oregano
- 1 cup coffee or water, or beer
- 14 1/2 ounces crushed tomatoes preferably fire roasted crushed tomatoes
- 1/4 cup masa harina
- 2 limes
- salt
- pepper

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 215 milligrams
4. Fat: 62 grams
5. Fiber: 7 grams
6. Protein: 65 grams
7. SaturatedFat: 23 grams
8. Sodium: 1680 milligrams
9. Sugar: 3 grams

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