

# Mexican Stew

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-adobo-recipe>

## Ingredients:

- 1 1/8 pounds beef in 4 cm cubes
- 2 1/8 cups beef broth
- 4 chipotle pepper in adobo 6 for 'extra' hot
- 1 tablespoon adobo paste, from the can above
- 1 1/2 cups tomato paste /purée
- 3 carrots cut into dices
- 2 garlic cloves chopped finely
- 8 onion mini french, or 2 onions
- 1 tablespoon worcestershire sauce
- 1 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cinnamon powder
- 4 3/4 tablespoons dark chocolate better unsweetened
- olive oil or butter
- salt
- pepper
- tortilla chips
- potatoes
- corn grains
- parsley

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 9 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams

8. Sodium: 1580 milligrams
  9. Sugar: 20 grams
  10. TransFat: 1 grams
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