

# Mexican Braised Beef

Yield: 7 min

Total Time: 180 min

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

## Ingredients:

- 3 pounds beef stew meat lean
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 tablespoon coconut oil
- 1 onions large, thinly sliced
- 4 cloves garlic chopped
- 16 ounces salsa
- chipotle
- 14 1/2 ounces beef broth or chicken broth

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 940 milligrams
8. Sugar: 7 grams

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