

Mexican Beef Stew with Vegetables

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cauliflower-soup-recipe>

Ingredients:

- 3 tablespoons bacon grease
- 4 pounds beef chuck salted
- 3 onions small-medium, chopped
- 2 tablespoons minced garlic
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons Mexican oregano
- 1/2 teaspoon ancho powder
- 15 ounces fire roasted tomatoes
- 1 bottle lager mexican
- 2 cups water
- 2 teaspoons base Minor's low sodium beef stock
- 4 medium potatoes peeled and cut into chunks
- 1 head cauliflower
- 2 medium zucchini fluffy insides scraped out and then diced
- 1 lime to taste, have more available in case you want it
- sour cream
- cheese
- queso fresco
- chopped cilantro

Nutrition:

1. Calories: 1540 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 320 milligrams
4. Fat: 96 grams
5. Fiber: 13 grams
6. Protein: 100 grams

7. SaturatedFat: 38 grams
 8. Sodium: 570 milligrams
 9. Sugar: 12 grams
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