

Chile Colorado

Yield: 12 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chili-colorado>

Ingredients:

- 9 chiles New Mexico dry, washed, with stems and seeds removed
- 3 cups water
- 5 pounds boneless beef chuck roast trimmed of fat
- 1/2 cup all-purpose flour
- 1 tablespoon kosher salt
- 1 tablespoon black pepper
- 3 tablespoons olive oil
- 1 yellow onion large, chopped
- 2 cups beef stock or water

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 130 milligrams
4. Fat: 40 grams
5. Protein: 40 grams
6. SaturatedFat: 14 grams
7. Sodium: 930 milligrams
8. Sugar: 1 grams

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