

Mexican Ropa Vieja (old clothes)

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ropa-vieja-recipe>

Ingredients:

- 1 1/2 pounds skirt steak flank steak or rump roast, cut into large cubes
- 1/3 white onion medium size
- 4 large garlic cloves
- 1 bay leaf
- water
- meat
- 3 tomatoes Large, about 1 1/2 lb.
- 2 garlic cloves
- 2 tablespoons vegetable oil
- 3/4 white onion sliced
- 2 potatoes medium size, cut into bite size cubes, about 2 cups
- 1 bay leaf
- 1 cup beef broth where you cook the meat
- 1 teaspoon Mexican oregano dried
- 1/3 teaspoon ground cumin freshly
- 2 jalapeño peppers pickled, sliced, See note
- 1 tablespoon vinegar the jalapeño peppers
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 30 grams

7. SaturatedFat: 6 grams
 8. Sodium: 360 milligrams
 9. Sugar: 4 grams
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