

Carne Colorada {achiote Marinated Meat}

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-corn-nuts-recipe>

Ingredients:

- 2 pounds beef top sirloin or pork tenderloin, cut into medium sized cubes or strips
- 6 garlic cloves
- 1 red onion chopped in large chunks
- 3 tablespoons achiote ground, or annatto
- 1 tablespoon ground cumin
- 1/2 tablespoon oregano
- 2 teaspoons salt
- 2 tablespoons lemon juice
- 1/2 cup beer can also use chicha or water
- 3 tablespoons oil butter or lard
- 1 tablespoon achiote seeds
- salt to taste
- corn Mote or hominy
- potato LLapingacho, patties or boiled potatoes
- yuca Boiled, /cassava
- plantains Fried ripe
- onion curtido
- avocado slices
- salad
- criollo
- nuts Tostado/cancha/chulpi corn
- cheese slices or cheese sauce

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 130 milligrams

4. Fat: 41 grams
 5. Fiber: 3 grams
 6. Protein: 39 grams
 7. SaturatedFat: 13 grams
 8. Sodium: 1270 milligrams
 9. Sugar: 6 grams
 10. TransFat: 2 grams
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