

Caçoila | Portuguese Stewed Beef

Yield: 8 min
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-stewed-potatoes-recipe>

Ingredients:

- 4 1/2 pounds chuck roast cut into 2- to 3-inch, 5- to 8-cm chunks
- 1/2 cup red peppers crushed, *, see LC Note above or 1/2 teaspoon crushed red pepper flakes
- 1 onion large, cut into slices
- 1 bunch parsley coarsely chopped
- 8 cloves garlic smashed and peeled
- 2 bay leaf
- 1/2 teaspoon allspice berries
- 4 whole cloves
- 3 tablespoons unsalted butter or lard, 1 1/2 oz
- 2 cups table wine hearty red
- 2 tablespoons tomato paste store-bought or homemade
- 1/2 teaspoon ground cinnamon
- potatoes Boiled white, optional
- roasted red peppers optional
- cooked greens optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 180 milligrams
4. Fat: 50 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 21 grams
8. Sodium: 200 milligrams
9. Sugar: 2 grams

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