

Portuguese Braised Steak & Onions

Yield: 4 min
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-braised-steak-onions-recipe>

Ingredients:

- 2 tablespoons olive oil
- 4 steaks braising, about 200g/8oz each
- 4 tablespoons red wine vinegar
- 3 onions finely sliced
- 3 garlic cloves finely chopped
- 1/2 teaspoon paprika
- 6 3/4 tablespoons red wine
- 2 11/16 cups chopped tomatoes
- 1 teaspoon tomato purée
- 2 bay leaves
- coriander chopped, to serve

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 7 grams

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