

Bistec Encebollado

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-beef-steak-recipe>

Ingredients:

- 1/4 cup red wine vinegar paleo diet: red wine ok
- 2 tablespoons olive oil
- 2 teaspoons kosher salt paleo diet: sea salt
- 2 teaspoons oregano
- 1 tablespoon cumin
- 2 garlic cloves minced
- 2 pounds flank steak
- 2 tablespoons olive oil
- 2 onions medium, thinly sliced
- 1/2 cup chicken stock

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 80 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 9 grams
8. Sodium: 1370 milligrams
9. Sugar: 3 grams

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