

Puerto Rican Plantain Lasagna (Pastelon)

Yield: 8 min
Total Time: 100 min

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

Ingredients:

- 6 plantains ripe, should be nearly completely black
- 8 eggs
- 2 pounds ground beef
- 1 yellow onion medium
- 1/2 cup red pepper diced
- 1/2 cup green pepper diced
- 1/2 cup chicken broth
- 1/2 cup wine white or red
- 5 cloves garlic fresh, finely chopped
- 6 ounces tomato paste
- 2 bay leaves
- 1/2 teaspoon salt to taste
- 1/4 teaspoon pepper to taste
- 4 tablespoons coconut oil

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 290 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 14 grams
8. Sodium: 470 milligrams
9. Sugar: 24 grams
10. TransFat: 1 grams

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