

Puerto Rican Beef Stew

Yield: 6 min
Total Time: 110 min

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

Ingredients:

- 2 5/8 pounds stewing steak diced
- 3 tablespoons vegetable oil
- 1 onion large, chopped
- 3 large garlic cloves chopped
- 1 tablespoon fresh parsley chopped
- 1 teaspoon thyme
- 4 bay leaves
- 2 tablespoons plain flour
- 2 9/16 cups beef stock
- 2 1/8 cups red wine
- 4 large potatoes quartered
- 3 large carrots diced
- 7 15/16 ounces green beans halved
- 1 tablespoon fresh parsley chopped

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 56 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. Sodium: 250 milligrams
7. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Puerto Rican Beef Stew above. You can see more 15 puerto rican stew recipe Get ready to indulge! to get more great cooking ideas.