

Caldo de Res (Mexican Beef Soup)

Yield: 8 min
Total Time: 150 min

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

Ingredients:

- 2 pounds beef shank with bone
- 1 tablespoon vegetable oil
- 2 teaspoons salt
- 2 teaspoons black ground pepper
- 1 onion chopped
- 14 1/2 ounces diced tomatoes
- 3 cups beef broth
- 4 cups water
- 2 carrots medium, coarsely chopped
- 1/4 cup chopped cilantro fresh
- 1 potatoes quartered, optional
- 2 ears corn husks and cut into thirds
- 2 chayotes quartered, optional
- 1 head cabbage cored and cut into wedges
- 1/4 cup pickled jalapenos sliced
- 1/4 cup finely chopped onion
- 1 cup chopped cilantro fresh
- 2 lime cut into wedges
- 4 radishes quartered

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 45 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 29 grams

7. SaturatedFat: 1.5 grams
 8. Sodium: 1000 milligrams
 9. Sugar: 5 grams
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