



Braised Buffalo

Ingredients

2 ½ cup Low Sodium Beef Broth
¾ cup Low Sodium Vegetable Broth
15 oz. Tomatoes, Fresh, 6x6 Cut In Half
5 oz. Yellow Onions, Fresh, Cut In Quarters
1 Tbsp + 2 tsp Canola Oil
1 lb., 12 oz. Buffalo Shoulder, Raw Trimmed, Cubed 1"
¾ cup All-Purpose Flour
1 Tbsp Diced Green Chiles, Canned Drained
3 Tbsp Tomato Puree, Canned
1 ½ Tsp Garlic, Fresh, Minced
4 oz. Carrots, Fresh, Sliced ½"
6 ½ oz. Mushrooms, Fresh, Sliced ½"

Preparation

Preheat oven or broiler to 425 degrees F. Arrange tomato and onion in single layer on rack on a sheet pan. Place in oven and roast until tomato is soft and onion is slightly browned. Remove from oven. When cool enough to handle, peel tomatoes and dice 1/2".

In a braising pan, heat oil.

Dredge meat in flour, shaking off excess. Add to hot oil. Cook, turning frequently, until evenly browned.

Stir in green chilies, tomato puree, garlic, carrot and mushrooms. Sauté until vegetables are soft, but not brown.

Add beef and vegetable broths. Bring to a simmer. Cover and simmer (or, place in a 350 degree F. oven) and braise for 1 hour. Add roasted tomato and onion. Braise for 1 hour more or until meat is very tender.

Serves 6

Portion: 10 oz. Ladle

Nutrition Facts (per serving)

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| Calories | 254 |
| Fat (g) | 6.4 |
| Saturated Fat (g) | 1.2 |
| Cholesterol (mg) | 65 |
| Sodium (mg) | 526 |
| Carbohydrate (g) | 22.3 |
| Fiber (g) | 2.8 |
| Protein (g) | 26.2 |
| Calcium (mg) | 37 |

