MEXICAN · BREAKFAST

Machacado con Huevo (Northern Mexican Dried Beef and Eggs)

Machacado con huevo

20 min · Serves 2 · 321 kcal a serve · Video 8:34 in Spanish · Mire y sus recetas Comida Mexicana

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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29 g protein and under 8 g net carbs a serve from dried beef scrambled with eggs, tomato, onion and chilli, cooked in a single spoon of lard. Rich in selenium, vitamin B12 and zinc.

Diet notes: Low carb (7.6 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 7 · SERVES 2

- [ ] 3½ oz **machaca** (dried shredded beef, carne seca)
- [ ] 1 tbsp **lard** (manteca de cerdo), or oil
- [ ] ½ small **onion**, finely diced
- [ ] 1 **garlic** clove, finely chopped
- [ ] 1 **green chilli** (jalapeño or serrano), finely chopped
- [ ] 1 large **tomato** (or 2 small), finely diced
- [ ] 4 **eggs**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Finely dice the onion, garlic, chilli (keep the seeds only if you want it hot) and tomato. 0:56
2. Melt the lard in a frying pan over medium heat for about 2 minutes, then fry the onion and garlic for a minute until they change colour. 2:23
3. Add the machaca and keep stirring for about 2 minutes so it toasts in the fat. 4:03
4. Stir in the chilli for a minute, then the tomato, and cook for about 3 minutes. Taste before adding any salt: the dried beef is usually salty enough. 4:33
5. Add the eggs and stir gently for about 2 minutes, just until set. 6:11
6. Serve hot, northern style, with refried beans and flour tortillas on the side if you like. 7:06

> **Tip** Serves 2 (our estimate for 4 eggs). Machaca is salt-cured (about 1,500 mg sodium a serve), so taste before adding any salt. Traditionally eaten with refried beans and flour tortillas; on its own it stays low in carbs.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
321 kcal	29 g	9.3 g	1.7 g	18 g	1,520 mg
1,340 kJ	59% of a day	7.6 g net · 6.1 g sugars	6% of a day	6.4 g saturated	66% of a day
		3% of a day		23% of a day	

Energy from net carbs 10% · protein 38% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 86% · Vitamin B12 79% · Zinc 35% · Vitamin B6 27% · Vitamin C 26% · Vitamin A 21%

Source of (10–19%) Folate 17% · Iron 15% · Vitamin E 13% · Vitamin D 12% · Potassium 11%

⚠ One serve has about 66% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Mire y sus recetas Comida Mexicana (@mireysusrecetas) on YouTube — youtube.com/watch?v=UToCBWKwR0Y, published 1 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/machacado-con-huevo