

DINNER

Nicaraguan-Style Churrasco

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
21 min	15 min	6 min	8	\$8.77	92 kcal



Need a gluten free, dairy free, paleolithic, and primal main course? Nicaraguan-Style Churrasco could be an amazing recipe to try. This recipe makes 8 servings with 869 calories, 52g of protein, and 71g of fat each. For \$8.77 per serving, this recipe covers 33% of your daily requirements of vitamins...

Ingredients

- ☐ 3 bay leaves

☐ ½ cup finely minced fresh curly parsley

☐ 6 cloves garlic

☐ 1/3 cup extra-virgin olive oil

☐ 1½ tablespoons salt

☐ ¼ cup distilled white vinegar
- ☐ 5 pound whole beef tenderloin

☐ ½ cup finely minced fresh flat-leaf parsley

☐ 2 jalapeno chiles, with seeds, coarsely chopped

☐ ¼ cup finely minced fresh oregano

☐ 8 servings Salt and freshly ground black pepper

EQUIPMENT Knife, Whisk, Mixing bowl, Blender, Grill, Mortar and pestle

Method

- 1 To make the chimichurri, combine the garlic, bay leaves, jalapenos, and salt in a mortar and mash with a pestle until a smooth paste is formed (or you can puree with a small amount of vinegar in a blender).
- 2 Transfer to a mixing bowl and add the parsleys and oregano.
- 3 Whisk in the vinegar and olive oil until well combined. Set aside.
- 4 Prepare a medium-hot fire in the grill.
- 5 Trim the meat and remove any silverskin.
- 6 Cut into 2 1/2-inch-thick rounds. Take the boning knife and cut in a circular motion so each round becomes one flat, long strip. Then, with a butcher's mallet, pound the meat lightly. Season each strip generously with salt and pepper on each side.
- 7 Lightly oil the grate and place meat on the grate. Grill for 3 minutes on each side for medium-rare.
- 8 Transfer the meat to a serving plate.
- 9 Serve with the chimichurri on the side.
- 10 Photograph by Rodney Weidland

Nutrition per serving

92	1 g	9 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.3 g · 8% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			0.3 g · 0% of daily needs
Sodium			1,314 mg · 57% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			14.9 mg · 18% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/nicaraguan-style-churrasco-148273