



Carne Guisada



Ingredients:

- 1 TBLs vegetable oil
- 2-3 pounds beef stew meat or chuck roast cut into 1 inch pieces
- 2 tsps kosher salt
- ½ tsp black pepper
- ½ cup onion diced
- ½ cup green bell pepper diced
- 2 tsps garlic minced
- 2 TBLs all purpose flour
- 1 cup fresh tomatoes seeded and diced
- ½ cup tomato sauce
- 1 ½ tsps ground cumin
- ½ tsp dried oregano
- 2 tsps chili powder
- 1 tsp paprika
- 1 ½ cups beef broth plus more if needed
- 2 TBLs cilantro chopped
- Flour tortillas, frijoles, rice or mashed potatoes, for serving

Method:

1. Heat the oil in a large pot over medium heat.
2. Place the beef in a single layer in the pot. Season the beef with the salt and pepper.
3. Cook for 3-4 minutes per side or until golden brown. You may need to work in batches.
4. Return all the meat to the pot. Add the onion and bell pepper and cook for 4-5 minutes or until vegetables are softened.
5. Add the garlic and cook for 30 seconds.
6. Stir in the flour and cook for 1 minute.
7. Add the tomatoes, tomato sauce, cumin, oregano, chili powder, paprika and beef broth.
8. Stir to combine, and then turn up the heat to medium-high until the mixture comes to a simmer.
9. Cover the pot. Reduce the heat to low, and simmer for 2 hours, stirring occasionally, or until beef is tender. If you feel like the mixture is getting too dry, you can add more beef broth, ¼ cup at a time.
10. To serve, garnish with cilantro, or may add Pico de Gallo.