



Crockpot Carne Guisada



Ingredients:

- 2 – 2 ½ pounds of Stew Meat
- 2 tablespoons of canola oil
- 3 TBLS of all-purpose flour
- 1 can (14.5 ounces) of diced tomatoes
- 1 cup of water
- 1 TBLS of minced garlic
- 2 jalapenos, seeded and diced
- 2 tsps of ground cumin
- 2 tsps of black pepper
- ¾ tsp of salt

Method:

1. Slice the meat into ½ - ¾ inch cubed portions.
2. Coat the beef in flour.
3. Brown beef evenly in the heated skillet.
4. Move the browned beef into your Crockpot.
5. Pour the rest of the ingredients into the slow cooker.
6. Cook on a low setting for 5-6 hours.
7. Before serving, uncover the cooker to thicken the gravy.
8. Continue a low cook, stirring occasionally.