

Carne Guisada



Ingredients:

- 2 lbs Beef Stew Meat (or Chuck Roast, cut into cubes)
- 2 tbsp Vegetable Oil
- 1 small Onion, chopped
- 1 green Bell Pepper, chopped
- 1 peeled Potato, sm dice
- 2 cloves Garlic, minced
- 3 tbsp Flour
- 2 cups Beef Broth
- 1 (10 oz) can diced Tomatoes with green Chiles (optional)
- 1 tbsp Chili powder
- 1 tsp Cumin
- ½ tsp black Pepper
- Salt to taste

Directions:

Heat oil in a large skillet or Dutch oven over medium-high heat. Toss beef in 2 tbsp flour, add to the skillet and sear until browned on all sides. Add onion, bell pepper, and garlic and cook until softened, about 5 minutes. Sprinkle in flour and stir to coat the meat and vegetables. Cook 1 minute to form a roux. Pour in beef broth and diced tomatoes. Stir in chili powder, cumin, pepper, and salt. Add the diced potato, this will help thicken the sauce while cooking. Reduce heat to low, cover, and simmer for 1-1.5 hours, stirring occasionally, until beef is tender and sauce is thickened. Adjust seasoning as needed and serve hot with warm flour tortillas.

Pro Tip: For extra depth of flavor, add a splash of beer or a teaspoon of tomato paste while simmering - it makes the gravy irresistibly rich!