



Carne Guisada, South Texas Style



Ingredients:

- 2 lbs. Beef stew meat cut into chunks
- 1 Onion chopped
- 2 Cloves garlic minced
- 1 TBLS Ground cumin
- 1 TBLS Chili powder
- 1 tsp Paprika
- 1 tsp Salt
- ½ tsp black pepper
- 2 cups Beef broth
- 1 Cup water
- 1 Can diced tomatoes 14.5 oz
- 2 TBLS Vegetable oil

Method:

1. Heat oil in a large pot over medium heat.
2. Add beef and brown on all sides. Set aside.
3. Add onion and cook until softened, about 3 - 5 minutes. Add garlic and cook until fragrant, about 1 minute.
4. Stir in cumin, chili powder, paprika, salt, and pepper, mixing well to combine.
5. Add beef broth, water, and diced tomatoes.
6. Bring to a boil, then reduce heat and simmer for 2 hours or until beef is fork tender.