

SPOTLIGHT RECIPE



Carne Guisada Con Papas

- Pour the olive oil into a large, deep skillet or deep roasting pan. Add the minced garlic clove and sauté for 2 minutes. While the garlic is sautéing, season the cubed chuck roast or top round with salt and pepper. Add to the skillet and brown well. Add the bell pepper, onion, jalapeños and crushed tomatoes. Sauté for 5 minutes.
- Add the bay leaves, beef stock, cumin and chile powder and bring to a boil. Cover and reduce the heat to a simmer; cook for 30 minutes. Add the potatoes; cover and cook until the meat and vegetables are tender, about 30 to 45 minutes. Adjust the seasoning. Add kosher salt if needed.
- To thicken the sauce, mix the flour and water together to make a smooth roux. Add to the stew. Stir and cook until thickened.
- Serve as is, with rice or folded into flour tortillas.

Ingredients

Makes 6 servings

- 3 tablespoons olive oil
- 1 teaspoon garlic clove, minced
- 2 1/2 pounds chuck roast or top round (fat trimmed, cubed)
- 1 tablespoon kosher salt
- 1 tablespoon ground black pepper
- 2 large green bell peppers, chopped
- 1 large yellow onion, chopped
- 2 fresh jalapeño peppers, de-seeded and minced
- 3 cups crushed tomatoes
- 3 bay leaves
- 4 cups beef stock
- 4 teaspoons cumin
- 1 teaspoon chile powder
- 4 medium potatoes, peeled and cubed
- 3 tablespoons flour
- 1 cup water