

CHEF SPOTLIGHT RECIPE

CARNE GUISADO

SERVES 12



CREATED BY REGIONAL
EXECUTIVE CHEF
JAVIER ARAMBILES

INGREDIENTS

- 4 pounds beef, cut into 1-inch cubes
- 2 teaspoons granulated garlic
- 2 teaspoons onion powder
- 2 teaspoons ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 ounces canola oil
- 3 ounces sofrito
- 2 cups chicken stock, low-sodium
- 2 cups carrots, medium dice
- 12 ounces tomato sauce, canned
- 1/2 cup green pimento stuffed olives
- 6 sprigs fresh cilantro
- 2 cups potatoes, medium dice

DIRECTIONS

In a bowl combine the beef, granulated garlic, onion powder, black pepper, cumin and oregano. Cover and let marinate in the refrigerator for 24 hours.

In a large skillet, heat the canola oil on medium-high heat. Place the marinated beef into the skillet and brown 3 to 5 minutes on each side. Add the sofrito to the browned beef and let cook for 5 minutes.

Add the chicken stock. Use a spoon to scrape any brown bits at the bottom of the skillet. Bring to a simmer, and then reduce the heat to medium.

Add the carrots, tomato sauce, olives and cilantro sprigs. Cover the skillet with a lid and return to a simmer. Cook for 45 minutes. Remove the lid. Add the potatoes, and then reduce the heat to low and cook for 20 minutes. Remove from the heat and keep hot until ready to serve.

Side dishes

Corn Tamale • Chayote Slaw

