

LA CASITA CARNE GUISADA

CATEGORY **Stew**

COOK TIME **2-4 hours**

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 potatoes cubed - optional
- 2 pounds beef sirloin, cut into 1/2-inch cubes
- 1 large onion, chopped
- 2 large tomatoes, chopped
- 1 cup La Casita Hot Sauce – any recipe
- 4 cloves garlic, minced
- 2 tablespoons ground cumin
- 1 tablespoon Chili Powder
- 1 teaspoon dried, crushed Mexican oregano
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon flour
- Enough water to cover the meat for cooking.

NOTES FROM LA CASITA

Meat & Taters, meet your TexMex cousin.... Carne Guisada! In my house, this is typically a winter dinner. This rustic beef stew, +/- the potatoes, is always so yummy and filling. Just the gravy over the rice is a meal!



DIRECTIONS

- 1) Heat vegetable oil in a Dutch oven over medium-high heat. Place the beef sirloin in the Dutch oven and cook until the cubes are brown on all sides, about 10 minutes.
- 2) Reduce the heat to medium and add the onion, tomatoes, potatoes, garlic, cumin, oregano, garlic powder, salt, black pepper, chili powder, and water.
- 3) Cover the meat with water. Allow to slow cook until the meat is tender.
- 4) Add flour to existing beef broth to thicken. Stir in the flour to create a creamy roux from the beef broth.

