



BASE ESSENTIALS

Guadalajara Chowder

Ingredients:	Quantity	Unit	Notes
Base Essentials Beef Base	4	tsp.	
Water	4	cups	
Olive Oil	2	Tbsn	
Pinto Beans	2	cans	
Shredded Cooked Beef (Ropa Vieja)	12	oz	Diced 1/4"-3/8"
Garlic	3	cloves	Minced
Carrot	2	ea	chopped 1/4"
Red Onion	1	ea	chopped 1/4"
Canned Corn	14	oz	seeded and chopped 1/4"
Smoked Paprika	2	tsp.	
Chile Powder	2	tsp.	
Oregano, Dried	2	tsp.	
Cumin, Ground	2	tsp.	
Fresh Cilantro	2	Tbsn	chopped
Lime Wedges			
Green Onion	1	ea	sliced thin
Salt & Pepper			To taste

1. Add oil to large pan then add carrot, onion and garlic and saute for about 4 minutes
2. Add beef and cooked to soften
3. Combine water and Base Essentials Beef Base, add to pot and heat to simmer
4. Add paprika, chile powder, oregano, cumin and pinto beans, heat to simmer and cook for 10 minutes
5. Add corn and heat to simmer
6. Season to taste with salt & pepper
7. Serve and garnish with Cilantro, lime wedge and green onion

