

How to make Carne Guisada With Flour Tortillas



Ingredients:

3 lbs stew meat

1 tablespoon oil (lard, bacon grease, etc)

1 medium onion, diced

1 small green bell pepper, diced (optional)
3 tablespoons tomato sauce or 1 large tomato, diced
1 teaspoon garlic powder or 3 cloves of garlic, minced
2 teaspoon ground cumin
2 teaspoons salt
½ teaspoon black pepper
2 tablespoons all-purpose flour
1 cup water or chicken stock

Flour tortillas, rice or mashed potatoes, for serving

Directions:

In a large pan, brown the stew meat, onions and green pepper (if using) over high heat.

Add the tomato sauce (or tomato), garlic powder (or fresh garlic), cumin, salt and pepper and stir well.

Sprinkle the flour over the meat and mix well. Add the water (or stock) and mix well so there are no lumps.

Bring to a boil, cover pan and reduce heat to low. Cook for 1 ½ hours, or until meat is tender.

Taste and adjust seasonings if necessary.

Serve with rice, tortillas or mashed potatoes.

Enjoy !!

Nutrition Information:

YIELD: 8 SERVING SIZE: 1

Amount Per Serving: CALORIES: 366 | TOTAL FAT: 20g | SATURATED FAT: 6.5g |
TRANS FAT: 0g | CHOLESTEROL: 112mg | SODIUM: 699mg | CARBOHYDRATES: 5g |
FIBER: 1g | SUGAR: 2g | PROTEIN: 2g | POTASSIUM: 530mg

Frequently Asked Questions:

Can I make this recipe in a slow cooker?

Yes, you can make carne guisada in a slow cooker.

Brown the meat, onions, and green pepper in a skillet first, then transfer them to the slow cooker.

Add the remaining ingredients and cook on low for 6-8 hours or on high for 3-4 hours.

Can I use cornstarch instead of flour as a thickening agent?

Yes, you can use cornstarch as a thickening agent.

Mix 1-2 tablespoons of cornstarch with an equal amount of cold water and then stir it into the stew to thicken it.

How can I make this recipe spicier?

To make the carne guisada spicier, you can add chopped jalapeño or serrano peppers, or increase the amount of black pepper or add some crushed red pepper flakes or cayenne pepper to taste.

Can I use a different type of meat for this recipe?

Yes, you can use other types of meat like pork or chicken, but the cooking time may vary based on the meat used.

Make sure to adjust the cooking time accordingly to ensure the meat is cooked through and tender.

How can I prevent the flour from forming lumps when adding it to the meat mixture?

To prevent lumps, you can mix the flour with a small amount of cold water or stock to create a slurry before adding it to the pan.

Stir the slurry well to ensure there are no lumps, and then gradually pour it into the meat mixture while stirring continuously.

What type of oil is best for browning the meat in this recipe?

You can use any type of high-heat oil such as vegetable oil, canola oil, or even lard or bacon grease, as mentioned in the recipe.

Each type of oil will impart a slightly different flavor to the dish, so choose the one that best suits your taste preferences.

How do I know when the meat is tender enough to serve?

The meat should be tender enough to easily shred with a fork when it's ready to serve.

If the meat is still tough after the suggested cooking time, continue to cook it on low heat, checking for tenderness every 15-20 minutes until it reaches the desired texture.

Can I use corn tortillas instead of flour tortillas for serving?

Yes, you can use corn tortillas instead of flour tortillas for serving the carne guisada.

Both types of tortillas work well with this dish, so choose the one you prefer or that fits your dietary needs.

Can I add other vegetables to this recipe?

Yes, you can add other vegetables like carrots, potatoes, or zucchini to the carne guisada.

Be sure to adjust the cooking time accordingly to ensure that the added vegetables are cooked through and tender.