

Carne Guisada - Slow Cooker method

August 15th, 2024

This recipe serves: 4

Prep Time: 00:30

Cook Time: 06:00

Carne Guisada is a traditional Mexican beef Stew. Carne Guisada is a Mexican Style Pot Roast with lots of sauce. You can serve Guisada as a stew, as taco filling, or even a meat-sauce served over rice. Using a slow cooker will produce meat that is fall-apart tender, with very minimal effort. This dish is so tasty, that you might want to double it, just to ensure that you will have leftovers.

Ingredients:

2 lbs Chuck Roast
16 Ounces Vegetable Stock or Chicken Stock
1 Tablespoon Marmite
2 Roma Tomatoes, quartered
2 Tablespoons All Purpose Flour
1 Tablespoon Olive Oil
1/2 Tablespoon Smoked Paprika
1 Teaspoon Garlic Powder
1/2 Teaspoon Cumin
1/2 Teaspoon Dried Oregano
2 Bay Leaves
1/4 Teaspoon Salt

1 Teaspoon Olive Oil
1 Red Onion
2 Peppers, Poblano, Jalapenos (to taste)
2 Red Bell Peppers
3 Roma Tomatoes
Cilantro, finely chopped
Tortillas

Directions:

Trim the fat from the Chuck Roast.
Cube the Chuck Roast into 1.5 inch cubes.

In a large bag, mix the Chuck Roast cubes, the Stock, Marmite, 2 Roma Tomatoes, Flour, Olive Oil, Paprika, Garlic Powder, Cumin, Oregano, Bay Leaves and Salt.

Seal the bag and refrigerate 24 to 48 hours.

Empty the bag into a slow cooker. Lid and cook on Low for 6 hours.

Meanwhile, dice the Red Onion, Peppers, and Tomatoes.

Over medium high heat, add 1 Teaspoon Olive Oil.

Sweat the Onions, until translucent.

Add the Peppers and grill until they begin to brown.

Remove from the heat and stir in the diced Tomatoes.

After the timer expires on the Slow Cooker, stir the Onion, Peppers, and Tomatoes into the Beef.

Serve over Rice or with Tortillas. Sprinkle with Cilantro.