

South Texas Carne Guisada

Oscar · 28/09/2024

**Prep Time**

1 hr 5 mins

Dificult

Medium

Servings

6

Description

This carne guisada recipe features chunks of lean beef steak simmered with fresh tomatoes bell pepper onion garlic and seasonings to make a rich spicy gravy. Serve with warm tortillas and garnish with guacamole sour cream and cheddar cheese for awesome tacos.

Ingredients

- - 1 tablespoon vegetable oil - 2 pounds beef sirloin
- cut into 1/2-inch cubes - 4 large tomatoes
- chopped - 1 large onion
- chopped - 1 large red bell pepper
- chopped - 1 cup water - 2 tablespoons ground cumin - 5 cloves garlic
- minced - 1 tablespoon garlic powder - 1 teaspoon dried
- crushed Mexican oregano - 1 teaspoon salt - 1/2 teaspoon ground black pepper - 1/2 teaspoon paprika

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Heat oil in a Dutch oven over medium-high heat. Cook beef in hot oil
2. stirring occasionally
3. until brown on all sides
4. about 10 minutes. Reduce heat to medium. Dotdash Meredith Food Studios Add tomatoes
5. onion
6. red bell pepper
7. water
8. cumin
9. garlic
10. garlic powder
11. oregano
12. salt
13. black pepper
14. and paprika. Dotdash Meredith Food Studios Cook
15. stirring frequently
16. until beef is tender
17. about 30 minutes. Dotdash Meredith Food Studios Recipe Tip If gravy is too thin
18. whisk 1/2 cup gravy with 1 tablespoon flour in a small bowl
19. then stir it back into the meat mixture; cook until sauce thickens
20. about 10 minutes.