


Super Recipe!

#71

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Super Recipe

My favorite Super Bowl dish:

Dutch Oven Carne' Guisada-

1 /4 cup all-purpose flour
 1 teaspoon table salt
 1 teaspoon freshly ground black pepper
 3 pounds boneless chuck roast, trimmed and cut into 1-inch pieces
 2 tablespoons vegetable oil
 1 medium onions, chopped
 2 celery ribs, chopped
 3 jalapeno peppers, seeded and minced
 2 tablespoons tomato paste
 3 cups beef broth
 2 1/2 cups beer, (Negra Modelo or Shiner Bock)
 4 teaspoons ground cumin
 1/2 tablespoon chili powder
 Corn or flour tortillas
 Serve in a bowl and then top off with:
 chopped cilantro, sour cream, & store-bought salsa verde' with tortillas on the side.

Preheat oven to 350°F. Combine flour, salt, and pepper in a shallow dish; toss beef with flour mixture.

Cook beef, in batches, in hot oil in a large Dutch oven over medium-high, stirring occasionally, 4 minutes or until browned. Remove beef from Dutch oven.

Add onion, celery, and jalapeño peppers to Dutch oven; sauté 5 to 6 minutes or until tender. Stir in remaining flour mixture and tomato paste; cook 2 minutes. Add 3 cups beef broth, 2 1/2 cups beer, 4 teaspoons ground cumin 1/2 tablespoon chili powder, and beef, stirring to loosen browned bits from bottom of Dutch oven. Bring to a light boil.

Cook, covered, at 350° for 2 1/2 hours or until meat is fall apart tender. Serve with tortillas and desired toppings. (optional: serve taco style with the meat on tortillas with the same toppings)

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