

Guisado de Carne con Papas - Beef Stew with Potatoes



Makes:

6-8 Servings

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Recipe:

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Recipe Description:

Full of hearty beef and potatoes, this recipe is a classic staple in every Mexican household. This is a great recipe to adjust the heat and make it as spicy as you'd like! To complete the dish, serve with a side of Spanish rice.

2 ½ lb
round steak
(1.13
kg)
4 roma tomatoes
4 garlic cloves, peeled
3 serrano peppers (can substitute with jalapeños)
½ white onion
6 yukon potatoes
1 tsp
black pepper
(2.10
g)
2 tsp
salt

(12
g)
1 tsp
ground cumin
(6
g)
4 cups
water
(948
ml)

Directions:

1. Preheat roaster over medium-high heat, approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. While the roaster is preheating, trim steak of any excess fat and cut into 1/2 inch pieces.
3. Add steak, whole tomatoes, garlic, peppers, onion and salt to roaster, cook for 30 mins on medium heat.
4. Wash potatoes and cut them into 1/2 inch pieces.
5. Remove tomatoes, garlic, peppers and onion, blend until liquefied.
6. Pour the puree over the steak and add potatoes, water, pepper, cumin and remainder of salt. Stir to combine.
7. Place cover on roaster. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 45 minutes until liquid has thickened and meat is tender.
8. Taste and adjust seasonings as needed.
9. Serve hot with a side of Spanish rice.

Tips:

- Substitute serrano peppers for jalapeño peppers. Add additional peppers to add more heat to the dish.
- Serve with corn or flour tortillas.

Nutritional Information per

▼ Serving

Calories: 376
Total Fat: 17g
Saturated Fat: 6g
Cholesterol: 87mg
Sodium: 681mg
Total 26g
Carbs:
Dietary Fiber: 3g
Sugar: 2g
Protein: 27g