

## Tostada Compuesta with Carne Guisada (Tostada with Braised Beef)



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
12" Electric Oil Core Skillet

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### Contributed By:

Chef John Lara  
Personal chef to former U.S. President  
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### Recipe Description:

Fresh and satisfying, this is a complete meal in one. And using the Saladmaster Electric Oil Core Skillet makes both cooking and cleanup a breeze!

1 <sup>1</sup>/<sub>2</sub>  
pounds  
chuck steak, lean, trimmed and cubed  
(680  
g)  
4  
ounces  
beef broth  
(120  
mL)

4

ounces

yellow onion, strung, use Cone #2

(113

g)

2

teaspoons

garlic, shredded, use Cone #1

(6

g)

4

ounces

green pepper, seeded and strung, use Cone #2

(113

g)

4

ounces

tomato, rough chopped

(113

g)

<sup>1</sup>/<sub>4</sub>

cup

cilantro, finely chopped

(15

g)

4

ounces

tomato sauce

(113

g)

1

tablespoon

chili powder

(8

g)

2

teaspoons

ground cumin

(5

g)

1

tablespoon

whole grain flour

(8

g)

1

tablespoon

brown seasoning (kitchen banquet)

(15

mL)

8

tostada flat shells

<sup>1</sup>?<sub>2</sub>

pound

green leaf lettuce, shredded

(230

g)

1

avocado, sliced

2

ounces

feta cheese, crumbles

(56

g)

1

tomato, seeded and diced

3

limes, cut in wedges, garnish

fresh cilantro, garnish

### Directions:

1. Preheat electric skillet to 350°F/180°C. Add beef and beef broth, stir and cover. Allow beef to braise for 15 - 20 minutes, stirring intermittently.
2. Reduce temperature to 250°F/120°C and add all ingredients through brown seasoning. Stir and cover. Allow beef to simmer for 1 hour, stirring intermittently.
3. Prepare tostada shells in oven according to directions.

### Assembly

1. Place tostada on plate. Place lettuce on tostada. add braised beef, sliced avocado, feta cheese, tomatoes. Garnish with lime and sprig of fresh cilantro.

### Tips:

- Can substitute chicken for beef and chicken broth for beef broth.

Nutritional Information per Serving

**Calories:**

249

**Total Fat:**

11g

**Saturated Fat:**

2g

**Cholesterol:**

36mg

**Sodium:**

378mg

**Total Carbs:**

16g

**Dietary Fiber:**

4g

**Sugar:**

3g

**Protein:**

22g