

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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Recipe:

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!

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)
¼ 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)

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 16g
Carbs:
Dietary Fiber: 4g
Sugar: 3g
Protein: 22g