

Carne Guisada

From

Chelsey Hernandez

Ingredients:

2 lbs. boneless beef chuck, cut in 1" cubes
GOYA® Adobo All-Purpose Seasoning with Pepper, to taste
3 tbsp. GOYA® Extra Virgin Olive Oil
1 onion, finely chopped (about 1¾ cups)
1 green bell pepper, finely chopped (about 1 cup)
2 tbsp. GOYA® Minced Garlic or 4 cloves fresh garlic, finely chopped
½ can GOYA® Tomato Sauce
2 tbsp. GOYA® Sofrito
2 tbsp. GOYA® White Vinegar
½ tsp. GOYA® Oregano Leaf
2 GOYA® Bay Leaves
2 cups water
1 packet GOYA® Cubitos Beef Bouillon
1 packet Sazón GOYA® with Coriander and Annatto
2 lbs. potatoes, peeled and cut in 1" cubes
1 lb. carrots, peeled and cut into ½" pieces
⅓ cup GOYA® Pitted Alcaparrado, sliced
1 tbsp. GOYA® Capers, drained
3 cups cooked CANILLA® Extra Long Grain Rice

Instructions:

- Step 1: Season beef all over with Adobo.
- Step 2: Heat oil in large pot over medium-high heat. Add meat in batches; cook, flipping occasionally, until well browned on all sides, about 10 minutes per batch. Transfer meat to plate; set aside.
- Step 3: Add onion, green pepper and garlic to pot; cook, stirring occasionally, until vegetables begin to soften, about 5 minutes.
- Step 4: Add tomato sauce, Sofrito, vinegar, oregano and bay leaves and cook for 2 minutes, stirring often. Stir in water, bouillon and Sazón until well blended; bring to boil, cover, lower heat and simmer for 1 hour until meat is just tender.
- Step 5: Add potatoes and carrots and return to boil, adding more water if stew gets to dry. Lower heat, cover and simmer for 45 minutes until vegetables and meat are tender.
- Step 6: Stir in alcaparrado and capers and continue to simmer uncovered for 5 minutes or until stew thickens. Serve with white rice.

