

Carne Guisada

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1 1/4	pounds	beef tips cut from chuck roast - bite size pieces
2	tablespoons	all-purpose flour
1	tablespoon	vegetable oil
3		celery stalk - chopped
1	medium	onion - chopped
2		jalapeno - minced
1 1/2	cups	beef stock
1	tablespoon	tomato paste
2	teaspoons	cumin seed - toasted and ground
1/2	teaspoon	chile powder

Preheat oven to 350.

Dust meat cubes with flour. Warm the oil over high heat in a heavy, ovenproof skillet or dutch oven. Brown the meat quickly. Add the remaining ingredients and bring the guisada to a simmer on the stove. Cover and place in oven. Bake for 2 1/2 hours.