CARNE GUISADA

1 tablespoon olive oil
1 1/2 pounds stew meat (or flank steak), cut into 1" pieces
1 large onion, cut into eighths
1 bell pepper, seeded and cut into thin strips
4 cloves garlic, minced
1 stalk celery, finely minced
10-ounce can diced tomatoes and green chiles
6-ounce can tomato paste
2 fresh jalapeño chili peppers, seeded and diced
2 cups beef broth
1/2 teaspoon ground cumin
2 tablespoons carne guisada seasoning
salt and pepper to taste
hot sauce or chili powder to taste

In a large skillet over medium high heat, add olive oil and meat. Cook for about five minutes or until all the sides of meat are browned. Once this is done, add only the meat to a 6-quart slow cooker set on low for all-day cooking, or on high for 4-5 hour cooking (keep as much of the oil in the skillet as possible). Return the pan to the burner and add the onion and bell pepper. Sauté them for about 5 minutes or until they are soft. Now, add the garlic and celery and cook for an additional 3-5 minutes or until the celery softens up a bit. Add those ingredients to the slow cooker. Finally, add the remaining ingredients except for the salt, pepper, hot sauce or chili powder. Stir everything to combine well. Cover the slow cooker and let it sit for the appropriate amount of time.

Before serving, taste and add salt and pepper if required. If it is not spicy enough for you, either add some hot sauce or chili powder. Stir to combine well. Yields 6-8 one cup servings.

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Protein