

RECIPE

# “Carne Gizada”

Beef Stew



Ready in **1 hr-1 hr 30min**

Serves **2-8 people**

## Ingredients

- Cubes of Beef
- Water
- Half Cube of Chicken Bouillon
- 1 Packet of of Sazon
- Half of an Onion
- Half of a Green Pepper
- Half of a Red Pepper
- One tablespoon “Especia”
- ¼ cup of Tomato Sauce
- Potatoes
- Carrots
- Garlic (optional)

## Preparation

1. Clean Beef and put in a Cauldron.
2. Fill up cauldron with Water until it is ¼ and inch higher than the beef, Fire should be on low.
3. Put Sazon, Onion, Cube of Chicken Bouillon and Green Pepper in. Let sit for 5 minutes. If not satisfied with flavor add 1 piece of Garlic.
4. Let these sit until a frothy layer completely covers the surface of Cauldron. Stir the frothy layer in the cauldron.
5. Lid the cauldron. Wait 30 minutes and check. Beef should be tender but not enough that it rips.
6. If meat is soft enough add “Especia”, ¼ cup of tomato sauce and potato,

(however many you want) and recover your meat.

7. You want to let the flavor be soaked in by the meat. But this last step is completely customizable and you can keep the meat soaking for how ever long you may want it
8. Enjoy!

## **Tips**

My grandma and I usually can tell the meat is done when the potatoes have softened so instead of being aimless we just aim for the potatoes are nice and soft!

