

# Carne Guisada

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/real-mexican-carne-guisada-recipe>

## Ingredients:

- 4 pounds chuck or bottom round beef, cut into 1-inch cubes
- 4 tablespoons peanut oil
- 1 onion medium, diced, about 1 cup
- 5 cloves garlic minced, about 1/4 cup
- 14 ounces diced tomatoes or 3 fresh tomatoes, diced
- 2 jalapeno peppers diced
- 2 serrano peppers diced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 1/2 cup chopped cilantro
- 1 bay leaf
- 2 cups water
- 12 ounces Mexican beer dark, such as Negro Modelo
- 1 tablespoon flour optional

## Nutrition:

1. Calories: 1290 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 300 milligrams
4. Fat: 96 grams
5. Fiber: 3 grams
6. Protein: 89 grams
7. SaturatedFat: 34 grams
8. Sodium: 320 milligrams
9. Sugar: 5 grams

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