

Instant Pot Carne Guisada / Puerto Rican Beef Stew

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/carne-guisada-recipe-puerto-rican-style>

Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons sofrito and you can find the recipe here or purchase it!
- 1 pound beef cubes
- salt
- pepper
- 1/2 teaspoon ground cumin – or to taste
- 8 ounces tomato Can of, Sause
- 1 packet sazón
- 1 1/2 cups beef broth
- 14 ounces diced tomatoes Roasted
- 2 tablespoons red wine vinegar
- 2 bay leaves
- 1 teaspoon chicken bouillon Knorr® Bouillon, or any other

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 4 grams
8. Sodium: 730 milligrams
9. Sugar: 5 grams

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