

Puerto Rican Beef Stew / Carne Guisada

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 2 pounds beef trimmed, top round, cut into 1-inch chunks
- 1/2 pound potatoes peeled, washed and cubed
- 1/2 pound carrots peeled, washed and cut into 1/2-inch rounds
- 1 pound green peas if frozen, thawed and drain off liquid
- 12 pimento stuffed olives
- 2 tablespoons vinegar
- 1/2 cup tomato sauce
- 2 bay leaves
- 1 tablespoon salt
- 1 tablespoon oil grape seeds, or oil of your choice
- 1 green pepper seeded
- 4 chili peppers sweet, seeded
- 2 onions peeled
- 4 cloves garlic peeled
- 6 culantro

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 105 milligrams
4. Fat: 26 grams
5. Fiber: 8 grams
6. Protein: 35 grams
7. SaturatedFat: 10 grams
8. Sodium: 1490 milligrams
9. Sugar: 11 grams
10. TransFat: 1.5 grams

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