

Slow-Cooker Carne Guisada

Yield: 10 min
Total Time: 375 min

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

Ingredients:

- 2 1/2 pounds chuck roast beef, or bottom round, cut into 1-inch pieces
- coarse salt
- ground pepper
- 2 tablespoons vegetable oil
- 1 white onion medium, diced medium
- 1 green bell pepper medium, seeded and diced medium
- 1 jalapeno large, seeded and diced small
- 5 garlic cloves roughly chopped
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon chili powder
- 3/4 teaspoon dried oregano
- 6 tablespoons all-purpose flour
- 1 3/4 cups low sodium chicken broth
- 14 ounces diced tomatoes
- 2 bay leaves
- flour tortillas
- grated cheddar
- cilantro

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Slow-Cooker Carne Guisada above. You can see more 19 mexican carne guisada crock pot recipe Get ready to indulge! to get more great cooking ideas.