

CARNE GUISADA

Quick Latin Beef Stew

Top sirloin is a tender and lean beef cut conducive to many preparations from grilling and sautéing, to stewing. This Latin version of beef stew is the bomb – it's delicious and nutritious and takes only minutes to make. It's perfect for a weekday family meal. Pair it with your favorite rice dish and a salad if you wish. It's a great addition to your dinner repertoire.

INGREDIENTS:

Serves 4 to 6 people

Time: 35 minutes

1 1/2 pounds top sirloin, trimmed, cut into 2-inch strips

1 teaspoon salt

Freshly ground black pepper to taste

2 teaspoons canola oil

2 teaspoons canola oil

3/4 cup thinly sliced yellow onions

1 teaspoon minced garlic

1/4 teaspoon dry thyme

1/4 ground cumin

1 dried small bay leaf

2 cups puréed vine ripened tomatoes

1/2 cup chicken or beef stock

1/2 teaspoon achiote powder

3/4 cup Yukon gold potatoes in thin wedges

3/4 cup green beans, French cut

3/4 cup carrots, in thin wedges

1/2 teaspoon kosher salt or to taste

Freshly ground black pepper

2 tablespoons finely chopped curly parsley

COOKING:

1. Season the top sirloin strips with salt and pepper and mix thoroughly. Add the oil to a hot, medium-size, deep skillet, sear the strips over medium high heat stirring frequently until medium brown, 8-10 minutes. Transfer the meat to a bowl.

2. To the same skillet, add the remaining oil, onions, garlic, thyme, cumin, and bay leaf, and sauté until the onion looks translucent and the mixture is aromatic, about 2 minutes. Add the tomatoes, stock, and achiote powder, stir, and cook for 2 minutes.

3. Add the potatoes, green beans, and carrots, the remaining 1/2 teaspoon of salt, and pepper to taste. Stir well. Add the seared meat, cover, and simmer until the vegetables are cooked al dente, about 10 minutes. Serve and garnish with parsley.