



## **“Mexican Cuisine!”**

### **Carne Guisada**

2 lbs braising meat (chuck)  
2 tbsp flour, all purpose  
1 can tomato sauce  
beef stock  
olive oil  
5 tbsp cumin  
KSP (kosher salt and pepper)

1. In a large pot, place 2 tbsp of olive oil over medium high heat; add braising meat of choice, brown on all sides, seasoning with KSP and 3 tbsp of cumin. Once browned and the fat rendered, sprinkle flour over meat and toss to coat.
2. Add tomato sauce and stock to just cover the meat; taste and adjust seasoning with cumin, and KSP. Cover and let cook over medium low heat until meat is fork tender (or bake in oven at low heat for 2-4 hours).

\*Serve with poblano-cilantro rice and calabaza.

thegrillsergeants@pentagonchannel.mil