

Rosy's Beef Stew

(Carne Guisada Al Vapor)

From the kitchen of Rosy Garcia, Eagle Pass

Preparation time: 30-40 minutes

Number of servings: 6

Ingredients:

*1 ½ pounds lean beef
1 cup water
1 green pepper, sliced
½ medium onion, sliced
2 teaspoons flour
1 garlic clove, crushed
1 large tomato, chopped
¼ teaspoon salt
⅛ teaspoon oregano
Black pepper to taste*

Preparation:

1. Remove any visible fat from meat. Cut meat into long pieces.
2. Add meat and water to frying pan and cook for about 15 minutes.
3. Strain the juice from the meat and set juice aside.
4. Add the green pepper, onion, and flour to the meat. Stir and cook for 5 minutes.
5. Add the tomato, black pepper, garlic, oregano, and salt. Cook for 10-12 more minutes, slowly adding the meat juice.

Nutrition information per serving:

FAT: 20% of calories from fat (low)

FIBER: less than 1 gram (low)

CALORIES: 200

TIP

*Serve with brown rice and whole wheat tortillas.
Choose lean meats, such as sirloin, tenderloin, flank, or shank.*