

## Recipes

### Recipe Title

Naylene's Carne Guisada Tacos

### Serving Size

### Category

Stew Meat

Quantity	Ingredients
1 lb.	Bandera Grassland Stew Meat
3/4 c	flour
1/2 tsp each	salt & pepper
1 tsp	cumin
2 Tbsp	chili powder
1/4 tsp	peprika
2 Tbsp	tomato paste
1	onion, chopped
2-3 cloves	garlic, minced
3-4 c	beef broth
2 Tbsp.	Balsamic vinegar
2-3 Tbsp.	olive oil

### Instructions

Roll stew meat chunks in salt, pepper, paprika, cumin & chili powder mixture, and then roll in flour. Heat olive oil in Dutch oven and brown meat on all sides. Make sure the oil is hot so the meat does not absorb any fat. (Variation is to heat 3 inches of oil and deep fry the meat until brown, then pour off oil). Remove meat from pan and brown onion and garlic in drippings. Place meat back into pot with beef broth, vinegar, and tomato paste. Cover and cook on stovetop over low heat for 3 hours (or 6 hrs, in crock pot). About 30 minutes before serving, season to taste (more chili powder, tomato paste, cumin, salt as needed) Serve in warm flour tortillas with roasted salsa, shredded cabbage and grated cheese.

### Notes

from Naylene Dillingham-Stolzer  
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