



Puerto Rican Beef Stew (Carne Guisada)

SERVINGS 4-5 **PREP TIME** 10 mins **COOK TIME** 3 plus hrs

INGREDIENTS

- 1 tbsp **La Fe Vegetable Oil**
- 2 1/2 lbs chuck roast, cut into 1/2" cubes
- 2 tsp Adobo seasoning
- 1/4 cup **La Fe Sofrito**
- 1 medium onion, peeled and sliced
- 2 tsp **La Fe Sazon Annatto Seasoning**
- 1 tsp powdered chicken bouillon
- 1 (32 oz) box unsalted beef broth
- 1/3 cup **La Fe Red Cooking Wine**
- 1/2 cup **La Fe Tomato Sauce Spanish Style**
- 3 bay leaves
- 1/2 tsp dried Italian seasoning
- 10 **La Fe Stuffed Olives**
- 1 cup **La Fe Frozen Sliced Carrots**
- 1 medium potato, diced
- 1 tbsp **La Fe Aji Chile Paste**
- 1-2 tsp **La Fe Red Wine Vinegar**

DIRECTIONS

1. Season the beef cubes with 2 teaspoons of Adobo.
2. Heat a Dutch oven to medium heat, then add the olive oil.
3. In 2-3 batches, sear the beef for 3-5 minutes per side, in order to get some nice browning on the outside.
4. Once the beef is browned, remove from the pan and set it aside.
5. Add the onions and La Fe sofrito to the pan.
6. Scrape the bottom of the pan with a wooden spoon to loosen the brown bits.
7. Next, add the La Fe Sazon, powdered chicken bouillon, beef broth, La Fe red cooking wine, La Fe tomato sauce, bay leaves and Italian seasoning.
8. Bring the mixture to a boil, then add the beef back in.
9. Stir, then cover and reduce the heat to simmer. Cook the carne guisada for 2 hours, stirring occasionally.
10. Next, add the potatoes, carrots, La Fe stuffed olives, and La Fe Aji Chile Paste, then cook for 30 minutes more.
11. When the carrots and potatoes are tender, the carne guisada is done.
12. Stir in the La Fe red vinegar, then check the stew for seasoning.
13. If it needs more salt, add a little bit more powdered chicken bouillon (this stuff is super salty, so use sparingly).
14. Serve with La Fe white rice, La Fe tostones and a salad.