

Mexican Style Stew Beef



3 lbs Chuck stew meat

1 tablespoon cumin

2 bay leaves

1 cup beef broth

1 pouch Frontera Enchilada Sauce

Salt & pepper to taste

1 Spanish onions coarsely chopped

2 garlic cloves

6 carrots, sliced in thick rounds

6 celery sticks, cut in 2 inch pieces

2 Poblano Peppers, seeded and sliced. These can be substituted with Green Peppers.

8-10 Fingerling potatoes, quartered

Bring stew meat to room temperature. Rub with Olive Oil, salt & pepper. Preheat oven to 325F. On your stove top, place a Dutch Oven pot and add 2 tablespoons of Olive Oil. Using high heat, sear meat for about 5 minutes with garlic and onions. Add stock, carrots, celery, peppers, bay leaves and potatoes. Roast in the oven for about 3 hours until beef is fork tender. Add enchilada sauce for the last 40 minutes of cooking.

Crock Pot: After searing, place all ingredients including Enchilada sauce into crock pot. Cook for 4-5 hours on low. Serve with white rice.