

Taste of Home

Carne Guisada



After moving from Texas to Michigan, my boyfriend and I grew homesick for the spicy flavors of home. We've made this recipe a few times now, and it goes really well with homemade flour tortillas. We love it over rice, too.—Kelly Evans, Denton, Texas

12 Servings Prep: 25 min. Cook: 7 hours

Ingredients

- 1 bottle (12 ounces) **beer**
- 1/4 cup all-purpose flour
- 2 tablespoons tomato paste
- 1 jalapeno pepper, seeded and chopped
- 4 teaspoons Worcestershire sauce
- 1 bay leaf
- 2 to 3 teaspoons crushed red pepper flakes
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 2 garlic cloves, minced
- 1/2 teaspoon red wine vinegar
- Dash liquid smoke, optional
- 1 boneless pork shoulder butt roast (3 pounds), cut into 2-inch pieces
- 2 large unpeeled red potatoes, chopped
- 1 medium onion, chopped
- Whole wheat tortillas *or* hot cooked brown rice, lime wedges and chopped fresh cilantro, optional

Directions

- In a 4- or 5-qt. slow cooker, combine the first 13 ingredients. If desired, stir in liquid smoke. Add pork, potatoes and onion; toss to combine. Cook, covered, 7-9 hours or until pork is tender.
- Discard bay leaf; skim fat from cooking juices. Shred pork slightly

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Directions (continued)

with two forks. If desired, serve with tortillas, lime and cilantro.
Yield: 12 servings (about 2 quarts).

Nutritional Facts: 2/3 cup (calculated without tortillas) equals 261 calories, 12 g fat (4 g saturated fat), 67 mg cholesterol, 200 mg sodium, 16 g carbohydrate, 2 g fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 fat.

Wine: Sweet White Wine: Enjoy this recipe with a sweet white wine such as **Moscato** or a sweet **Riesling**.