



TACO STEW

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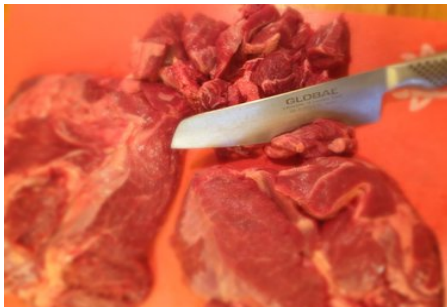
INGREDIENTS

0 MINUTES 2 SERVINGS

Cow- meat (chuck) Crushed tomatoes Red onions Cream Spices: salt
Cumin
Chili
paprika powder
Garlic
some sugar
Orégano
Coriander
cayenne pepper. Potatoes

TAGS

#taco #stew #chuck #cayenne #cumin



1

Cut the meat in pieces.



2

Shop the onions.



3

Fry the meat for a few minutes.





4

Add the onions and fry additionally a few minutes.



5

Put the meat and onion in a pot. Add crushed tomatoes.



6

Now, season it as if it was for tacos. Thus: salt, cumin, chili, paprika powder, garlic, some sugar, oregano, coriander, cayenne pepper.



7

Put the cream in the pot.



8

Let the meat boil for 45-60 minutes (or else it will be very hard to chew). Prepare the potatoes.



9

And then; voilà! Serve with boiled potatoes. Very simple to make and pretty good!

