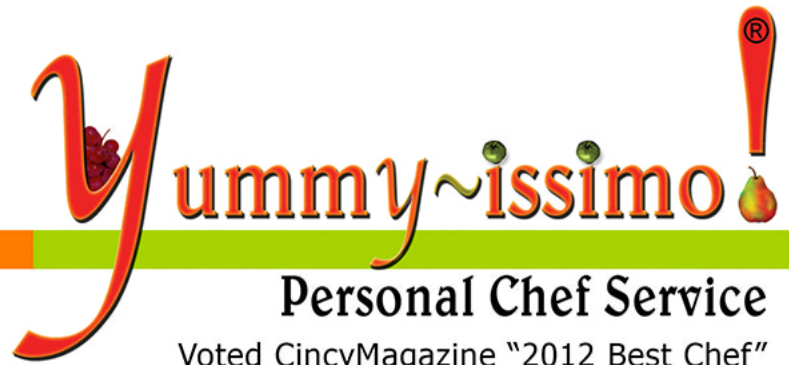


Carne Asada



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

2 pounds chuck roast, trimmed, cut into bite~sized pieces

2T olive oil

4 onions, roughly chopped

6 garlic cloves, minced

2T cumin

2T smoked paprika

1 ~ 4oz can diced chilies

2 ~ 28oz cans crushed tomatoes

2 ~ 15oz cans beef broth, low sodium

2 limes

Sauté beef and onion in olive oil. Add garlic, cumin, smoked paprika and diced chilies. Stir well and cook 5 minutes.

Add crushed tomatoes and beef broth. Stir well and simmer over medium heat 3~4 hours, stirring occasionally, until beef is tender and sauce is reduced by about half.

Squeeze lime over beef just before serving.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com