Braised Mexican Beef

I'm going to try something different here. Because this is Mexican, I'm going to use some chipotle powder in the recipe. I'm going to be gentle with it, so please let me know if it's too much or not.

Ingredients

2 lb stew beef

S+P TT

1 28 oz can whole peeled tomatoes

2-3 T lime juice

1 bay leaf

1 T chipotle powder

1 tsp cumin

1 tsp paprika

1 tsp dried oregano

1 red onion, large dice

2 T minced garlic

1 red bell pepper, cut into strips

1 green bell pepper, cut into strips

3 zucchini, large dice

1 can black beans, mashed and added at the end to thicken

Procedure

1. Brown the beef in a pot and set aside with S+P TT
2. In he same pot, add the whole peeled tomatoes and heat until they start to break down
3. Add the beef back in, along with the lime juice and the bay leaf
4. Simmer for a few hours, or until beef starts to break down
5. With 30 minutes to go, add in the onion and garlic
6. with 10-15 minutes to go, add in the rest of the vegetables, and cook until al dente
7. At the end, mash up the black beans and add to the pot, turning heat to medium high to allow sauce to thicken
8. Check seasonings, portion out and serve