



Mexican Beef Tinga

Ingredients

- 1 lb beef flank
- ½ cup of beef broth/stock
- 1 pack of tomato puree
- 1 fresh tomato
- 1 onion finely sliced or chopped
- 1 clove of garlic
- 2 tsp of Chinelos Chipotle Powder
- 1 pinch of salt/beef/chicken stock powder
 - * Pepper to taste.
 - * Optional - Oregano (also to taste)



How to?

Slow cook or broil flank meat, once cooked and soft with a fork pull the meat. Separate the water used for cooking the meat to prepare the tomato chipotle sauce.

Sauce:

On a bowl with one tsp of oil fry the onion until transparent and garlic until golden, you may want to quick fry the cooked meat with the onions and garlic. Then add Tomato puree, ½ cup of beef broth and chipotle powder (you may add 2 tsp or more upon your taste) add let sauce and meat simmer for 10 mins so the flavor of the chili is absorbed by the meat. Season with salt, pepper and oregano up to taste.

* Alternative: You may choose to blend a fresh tomato, onions, garlic with the broth and tomato pure and then simmer the sauce in a bowl with the meat.

Side Dish:

Avocado Slices

White Rice

Tortilla for tacos (corn or flour)