Abuelita’s Mexican Meat

Ingredients:

2 lbs. grass fed chuck roast

1 tsp sea salt

1 small onion diced

1 large roma tomato diced

2 large cloves of garlic

3 cups water

2 TBSP tomato paste

3 TBSP avocado oil divided

Directions:

Chop meat into 1 inch chunks

Dice onion and tomato and mince garlic cloves

In a large deep sautee pan heat about 1 tablespoon of avocado oil add onion and saute for 1 minute. Add in garlic cook for another minute. Then add in the diced tomatoes and cook for another 5 minutes. Remove from pan and set aside.

Heat the remaining 2 TBSP of avocado oil and add meat season with sea salt.

Let cook till all the water is gone and the meat starts to sizzle.

Mix water with tomato paste and add to the meat.

Add the cooked tomato, onion and garlic back to pan.

Cover and let simmer for an hour and sauce has thickened.