

# COOK LIKE A MEXICAN

## FIDE0 CON CARNE PICADA

(Vermicelli with ground beef)

### Ingredients

- 2 5 oz boxes of fideo (vermicelli)
- ½ to 1 Lb of ground beef (lean)
- 1 large cube of beef bullion
- 5-6 cups of water
- 2 tsp. mixed spices (consists of whole cumin and whole black pepper)
- \*If unable to find pkg. of mixed spices, use 1 ½ tsp whole cumin and ¼ tsp whole black peppers.
- 2 cloves of garlic
- 3 green onions chopped
- 1 roma tomato chopped
- ¼ bell pepper chopped
- 2 Tbsp any cooking oil
- ½ cup tomato sauce
- salt

### You will need:

A molcajete (mortar and pestle) and one large skillet with a lid. You may use a cast iron or a Teflon skillet.

**Prep:** Grind the mixed spices and 1 tbsp. water in your molcajete. After the spices are ground, add some of the water listed above to the spice mixture to make it easier to empty into the pan when it is time.

Heat the pan, brown the ground beef and set the meat aside in a bowl. In the same pan, add oil and adjust the heat to medium-low. Add vermicelli and brown it for 5 minutes, add onion and bell pepper and continue browning vermicelli for 5 more minutes. Stir and turn the vermicelli over being careful not to let any of the vermicelli burn. It should have a golden brown color. Not every noodle will be browned perfectly, but that is okay.

Quickly add water, the cooked ground beef, bullion cube (crumbled), ground spices from molcajete, tomato sauce and chopped tomatoes. Add salt to taste. Cover and cook over low heat for about 15 minutes, stir occasionally. The vermicelli is ready when the noodle is soft but not mushy. This dish is rather soupy, and is best when served in a bowl garnished with salsa or a few “revanadas” or slices of avocado on the side. Serve with warm corn tortillas. This is my husband’s favorite dish!