

CARNE GUISADA

SERVES 8 NORMIES / 3 VERY MOTIVATED LEGIONNAIRES



PREP: 15 MIN | COOK: 35 MIN | PRESSURE & RELEASE: 30 MIN | TOTAL: 1 HOUR 20 MIN

QUICK ACCESS INVENTORY

2-3 TBSP NEUTRAL OIL
3 LBS (1.4 KG) LEAN BEEF STEW MEAT
1-2 TBSP ALL-PURPOSE FLOUR
1 MEDIUM ONION, CHOPPED
1 GREEN BELL PEPPER, SEEDED AND CHOPPED
1.5 TBSP GARLIC, MINCED
1-2 SERRANO PEPPERS, SEEDED AND DICED
1 TBSP TOMATO PASTE
2 TSP GROUND CUMIN
1 TSP CHILI POWDER
1 TSP PAPRIKA
2 TSP KOSHER SALT
1 TSP PEPPER
1/2 TSP DRIED MEXICAN OREGANO
1-2 BAY LEAFS
1-2 CUPS (~250-500 ML) BEEF BROTH
1 - 10 OZ (~300 ML) CAN ROTEL
TOMATOES WITH GREEN CHILIS

OPTIONAL

STARCH SLURRY (1 PART STARCH TO
1 PART COLD WATER) 1-2 TBSP EACH
POTATOES (WAXY), 2" CUBES

DEPLOYMENT PROCEDURE

1. Trim excess fat and cube beef into 1" (2.5 cm) tactical units. Pat dry with paper towels.
2. In a bowl, toss beef cubes in flour to lightly coat all sides.
3. Hit the sauté button on your pressure cooker. Allow to heat up (about 15 minutes).
4. Once hot, add the oil.
5. Sear beef on one side only, you're not cooking it through. Do this in small batches. Remove the beef with tongs and set it aside.
6. While stirring, sauté the onion and bell pepper until softened, about 5 minutes.
7. Toss in the garlic and Serrano pepper. Stir and sauté about 30 seconds (until fragrant).
8. Add tomato paste and dry seasonings (except bay leaf). Stir and sauté about 60 seconds.
9. Hit the Cancel button.
10. Add beef broth to deglaze and scrape up all the yummy golden bits from the bottom of the pot.
11. Add Rotel and bay leaf. Add potatoes, if you're using them.
12. Return the seared beef cubes and any beefy drippings. Stir only once.
13. Close and secure the lid. Make sure the vent is set to Sealing. Hit the Manual or Pressure Cook button and set it to high pressure for 35 minutes.
14. Once the time is up, let it naturally release pressure for 15-20 minutes. Don't touch it!
15. After the natural release, use the steam release valve to move the vent to Venting to let out the remaining pressure.
16. Once all pressure has been vented, remove the lid.
17. Remove bay leaves.
18. If you want a thicker gravy, turn on the sauté setting. Slowly add your 1:1 starch and cold water slurry while stirring constantly. Simmer for 1-2 minutes.
19. When the beef is melt-in-your-mouth and the gravy is glossy, give it a taste! Add salt if needed, then sprinkle with a little cilantro, and serve.

CARNE GUISADA

SERVES 8 NORMIES / 3 VERY MOTIVATED LEGIONNAIRES



PREP: 15 MIN | COOK: 35 MIN | PRESSURE & RELEASE: 30 MIN | TOTAL: 1 HOUR 20 MIN

FIELD NOTES

SUBSTITUTIONS

Stew meat: chuck or shoulder roast, or bottom round (Get the cheapest one. We're not funding a Lyran feast.)

Peppers: For the spicy sting! But be honest, your tears will add too much salt, so measure your heat!

No Heat	Less Heat	Same Heat	More Heat
Poblano Mulato Anaheim Shishito Cubanelle/Pepperello	Hot Banana Guajillo Jalapeño	Aleppo Fresno Chili Serrano	Chile de Árbol Pequin/Piquin Fresh Cayenne Thai Chili/Bird's Eye Habañero/Scotch Bonnet

Rotel: canned diced tomatoes and canned diced green chilis, chunky salsa, picante sauce, freshly diced tomatoes, fire-roasted diced tomatoes, diced jalapeno

Mexican Oregano: dried marjoram, dried lemon verbena, fresh or dried epazote

Garlic: More is better. It repels vampires, Davions, and bad dice rolls.

INTENTIONAL LEFTOVERS

- Refrigerator: 3 to 5 days, locked in an airtight container. The flavors intensify by day two. You're welcome.
- Freezer: Cool completely, then portion and freeze in an airtight container with room to expand for up to 3 months. The gravy holds the line.
- Reheat Protocol: Gentle warming on the stove or microwave. If it needs loosening, add a splash of broth or water.

ALTERNATE DEPLOYMENT METHODS

Stovetop Method: In a Dutch oven or stock pot. Follow all the steps, but after step 12, bring it to a boil, drop the heat to low, cover, and let it simmer in its glorious juices for ~2 hours. The mission is complete when the meat is fall-apart tender and the gravy is thick and rich. You check it with a fork. If it resists, you let it cook more.

Slow Cooker Method: Sear the meat and veggies in a skillet first (seriously, do the sear). Then dump everything into the slow cooker. Low for 6-8 hours or High for 2-3 hours. This is the long-haul Star League campaign option.

ARROZ VERDE



SERVES 8 NORMIES / 3 VERY MOTIVATED LEGIONNAIRES

PREP: 10 MIN | COOK: 30 MIN | REST: 10 MIN | TOTAL: 50 MIN

QUICK ACCESS INVENTORY

3 TBSP OLIVE OIL
1/2 CUP (80 G) CHOPPED ONION
2 TSP KOSHER SALT
2 CUPS (~60 G) FIRMLY PACKED BABY SPINACH (OR THE FROZEN BLOCK, SQUEEZED OF ALL THE WATER)
2-4 JALAPEÑO PEPPERS, SEEDED, SLICED
1/2 CUP (8 G) CILANTRO, ROUGHLY CHOPPED
2 CLOVES GARLIC, PEELED
1 BUNCH GREEN ONIONS, SLICED
2.5 CUPS (590 ML) WATER OR BROTH
2 CUPS (360 G) BASMATI RICE
2-3 TOMATILLOS, HUSK REMOVED AND RINSED

DEPLOYMENT PROCEDURE

1. Rinse your rice in cold water until it runs clear. Set aside to drain.
2. Use a dry, hot pan (cast iron is best) to blister the onion, peppers, and tomatillos until the skin is lightly charred.
3. Combine the blistered items, spinach, cilantro, garlic, green onions, and broth into a blender. Blend on high speed until perfectly smooth. Set aside.
4. Add oil to a medium sauce pan with a fitted lid, on medium-high heat. Once hot, add the rice and salt to pan, stir to coat. Toast for about 2-3 minutes, stirring constantly until the grains are opaque and faintly nutty.
5. Crank the heat to high and add the blender contents. Stir once to combine, and wait for it to just start boiling around the edges. Stir one more time, then quickly shake the pan to settle it into an even layer.
6. Wait 30 seconds for it to boil again at the edges. Reduce the heat to medium-low, cover tightly, and set a timer for 20 minutes.
7. Do not uncover. Turn the heat off. Rest for another 10 minutes, still covered.
8. Uncover, and use a fork to test the center for doneness. If it's soft, fluff it to separate the grains. If it's still tough, cover it and put it back over medium-low heat for 5 minutes, then check again.
9. Uncover, fluff with a fork and taste. Adjust the salt if the situation demands it. Serve with a wedge of lime.

FIELD NOTES

SUBSTITUTIONS

Rice: long-grain, jasmine
Broth: Vegetable or chicken

INTENTIONAL LEFTOVERS

cool and chill as quickly as possible

Refrigerator: It's only good for 1-2 days in the fridge, and you should only reheat it once.

Freezer: Store stacked flat in an airtight container for up to 2 months.

Reheat Protocol: Gentle warming on the stove or microwave. Add a splash of water or broth and a touch of oil or butter. Cover and cook on low, stirring occasionally, until heated through and steaming.