Casarita's Picadillo

2 pounds 80 percent lean (80/20) ground beef
1 scant teaspoon flour
1/4 teaspoon garlic powder
1/4 teaspoon seasoned salt
1/4 teaspoon ground cumin
1/4 teaspoon white pepper
1/4 teaspoon beef base
1 medium potato, finely diced
1/4 cup finely diced carrots
1/4 cup tomato sauce
1/4 cup water

Cook and break up ground beef in a large skillet for 8 to 10 minutes, or until meat is still slightly pink. Drain off accumulated fat. Add flour, garlic powder, seasoned salt, cumin, white pepper and beef base. Stir in potatoes and carrots and continue cooking until meat is browned. Add tomato sauce and water, stir, and cook for 10 to 15 minutes, or until potatoes are tender but still firm. Serve with rice, beans and tortillas.