



Cuban Ropa Vieja



This is great shredded beef served on tortillas or over rice. Add sour cream, cheese, and fresh cilantro on the side.

Prep: 15 mins

Cook: 4 hrs

Total: 4 hrs 15 mins

Servings: 6

Yield: 6 servings



Ingredients

- 1 tablespoon vegetable oil
- 2 pounds beef flank steak
- 1 cup beef broth
- 1 (8 ounce) can tomato sauce
- 1 small onion, sliced
- 1 green bell pepper, seeded and sliced into strips
- 2 cloves garlic, chopped
- 1 (6 ounce) can tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh cilantro
- 1 tablespoon olive oil
- 1 tablespoon white vinegar

Directions

Step 1

Heat vegetable oil in a large skillet over medium-high heat. Brown the flank steak on each side, about 4 minutes per side.

Step 2

Transfer beef to a slow cooker. Pour in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and vinegar. Stir until well blended. Cover, and cook on High for 4 hours, or on Low for up to 10 hours. When ready to serve, shred meat and serve with tortillas or rice.

Nutrition Facts

Per Serving:

261 calories; protein 20.5g 41% DV; carbohydrates 9.9g 3% DV; fat 15.8g 24% DV; cholesterol 47.6mg 16% DV; sodium 599.2mg 24% DV.

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