Ropa Vieja

Make-ahead · Serves a crowd · Serves 8

Ken's note: TBD

Cuban shredded beef in a cumin-and-oregano tomato sauce with peppers. Serve over rice with black beans.

Ingredients

- 4 lb flank steak
- Beef broth, enough to cover the meat
- ⅓ cup olive oil, divided
- 1 large yellow onion, diced
- 1 green bell pepper, sliced
- 1 jar (15 oz) roasted red peppers, sliced
- 8 garlic cloves, minced
- 1 can (15 oz) tomato sauce
- 2 Tbsp tomato paste
- 1 cup dry white wine (or chicken broth)
- 1 Tbsp ground cumin
- 1 Tbsp dried oregano
- 3 bay leaves
- Salt and pepper

Method

1. Heat half the oil in a Dutch oven over medium-high heat and sear the steak on both sides. Cut it into large pieces, return it to the pot, and add enough broth to cover. Bring to a boil, then simmer until tender, about 2 hours.
2. Lift out the beef and shred it with two forks. Reserve the broth.
3. Heat the remaining oil in the pot over medium. Cook the onion, green pepper, and roasted red peppers 5 minutes, then the garlic for 1 minute. Stir in the tomato sauce, tomato paste, wine, cumin, oregano, and bay. Cook 15 minutes.
4. Add the shredded beef, with a splash of the reserved broth if it looks dry, cover, and cook on low 10–15 minutes. Taste and salt at the end.
5. Serve over white rice with black beans and guacamole.