

Cuban Ropa Vieja

(Family recipe donated by Colombian & Puerto Rican Mommi)

Ingredients For Sofrito

- 1 medium Spanish onion (yellow onion)
- 1 pack of green onions
- 2 medium heads of garlic
- 1 package of the yellow, red and orange sweet peppers
- 1 large green bell pepper
- 1 bunch of cilantro

Instructions For Sofrito

Cut all veggies into smaller chunks to fit inside of blender or food processor. Deseed and devein peppers. Remove root ends of onions. Blend until smooth in a blender or processor. You can store in refrigerator up to a week, or separate into smaller quantities and freeze.

Ropa Vieja Ingredients

3 pounds of beef roast (She uses chuck, but you can also use flank steak which is more commonly used)

- 1/4 cup of Sofrito as prepared above
- 1- 8 Oz can of tomato sauce
- Salt to taste
- 1 to 2 tablespoons of lard
- 1 teaspoon of cumin
- 1 teaspoon of Adobo seasoning (Made by Badia or Goya)
- 1 teaspoon of "Complete" seasoning (Made by Badia or Goya)

Instructions for Ropa Vieja

Cut roast into 2 inch cubes and put in a large pot with water to cover the meat. Add 1 teaspoon of salt and cook on medium high until the water boils, then reduce to a simmer and cover. Continue to simmer until the roast can shred easily (2 to 3 hours usually). Remove meat and shred. Keep broth that the meat simmered in. Add lard to a pot and when hot add in the sofrito, cook for a few minutes to let the veggies release their flavor. Now add in tomato sauce. Stir and add in shredded meat. Now add in two cans of water using the empty tomato sauce can. Add the seasonings and stir. Let simmer for 20 to 30 minutes. Add more broth if it becomes to dry. Serve over white rice. This would also be excellent to serve as a sandwich using Cuban bread, or French bread.

Enjoy!