
Ropa Vieja

The Windsor Family Cookbook
Windsor Vineyards - Windsor, CA

Servings: 6

2 1/2 to 3 pounds boneless chuck
2 to 3 tablespoons olive oil
1 yellow onion, coarsely chopped
1 envelope onion soup mix
1 cup Zinfandel wine
1/2 cup water
1/2 cup picante sauce
sour cream (for garnish)
avocado slices (for garnish)

Preheat the oven to 325 degrees.

On top of the stove, heat the oil in a Dutch oven and brown the meat on both sides. Reduce the heat. Add the onions and cook until soft but not browned. Add the onion soup mix, wine, water and picante sauce. Bring to a boil.

Cover the pan. Place in the oven and roast until the meat falls apart (2-1/2 to 3 hours). Check occasionally to make sure that there is sufficient liquid in the bottom of the pan; Add more wine if necessary. Thicken the gravy and shred the meat.

Serve over rice or fill a warm tortilla and garnish with sour cream and avocado slices.

Beef

Per Serving (excluding unknown items): 669 Calories; 72g Fat (95.6% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 742mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 14 1/2 Fat.