

Cuban Ropa Vieja (Slow Cooker)

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*2 cubanelle peppers,
seeded and sliced
1 cup onion, sliced
1 can (8 ounce) tomato
sauce
1/4 cup tomato paste
1 tablespoon olive oil
1 tablespoon cider vinegar
1 tablespoon minced garlic
1 teaspoon ground cumin
1 bay leaf
1/2 teaspoon salt
1 (1-1/2 pound) boneless
chuck steak
1/3 cup pimiento-stuffed
olives + 2., coarsely
chopped
2 tablespoons tablespoons
chopped capers
1/3 cup cilantro, chopped*

In a three quart or larger slow cooker, mix the peppers, onion, toamto sauce, tomato paste, olive oil, cider vinegar, garlic, cumin, bay leaf and salt. Top with the steak.. Turn the steak over to coat with the mixture.

Cover and cook on LOW for eight to ten hours until the steak is very tender.

Transfer the steak to a cutting board. Remove and discard the bay leaf.

Tear the steak into shreds using forks. Return the shreds to the slow cooker. Stir in the olives and capers.

Serve.

Per Serving (excluding unknown items): 356 Calories; 15g Fat (35.2% calories from fat); 10g Protein; 53g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 3095mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.