

Cuban Ropa Vieja

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 9 hours

Ropa vieja means "old clothes" in Spanish. This famous Cuban dish is so named because the shredded beef resembles clothes so worn that they fall apart. Alcaparrado means green olives, often stuffed with pimientos and capers mixed together.

2 cubanelle or Italian frying peppers, seeded and sliced

1 cup onion, sliced

1 can (8 oz) tomato sauce

1/4 cup tomato paste

1 tablespoon olive oil

1 tablespoon cider vinegar

1 tablespoon garlic, minced

1 teaspoon ground cumin

1 bay leaf

1/2 teaspoon salt

1 1/2 pounds boneless chuck steak

1/3 cup chopped alcaparrado (Goya) or 1/3 cup pimiento-stuffed olives plus 2 tablespoons of chopped capers

1/3 cup cilantro, chopped

In a 4-quart or larger slow cooker, mix the peppers, onion, tomato sauce, tomato paste, olive oil, 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 8 to 10 hours or until the steak is very tender.

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

Tear the steak in shreds using the two forks method. Return the shreds to the cooker.

Stir in the alcaparrado and chopped cilantro and serve.

Per Serving (excluding unknown items): 89 Calories; 4g Fat (35.2% calories from fat); 3g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 774mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.