

Beef and Vegetable Cocido (Cuban)

*Chef Isabel Cruz - "Isabel's" - San Diego, CA
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Servings: 6

*3 tablespoons olive oil
1 (one cup) yellow onion,
peeled and chopped
6 cloves garlic, minced
1 two pound beef shank
8 cups beef broth
2 bay leaves
2 ears corn, husked and
each cut into six wheels
2 medium carrots, sliced
into 1/4-inch slices
1/2 pound green beans,
ends trimmed and halved
1 medium zucchini, diced
Kosher salt
freshly ground black pepper
fresh mint (for garnish)
chopped yellow onion (for
garnish)*

Heat oil in a stockpot over a medium-high flame. Add one cup of onion and the garlic. Cook until translucent, about 3 minutes. Remove with a slotted spoon and hold aside.

Add the beef shank to the pot. Sear the meat undisturbed for about 3 minutes before turning it, then browning the other side. Return the onion and garlic to the pot. Add the broth slowly, using a wooden spoon to scrape the caramelized bits from the bottom of the pot.

Add the bay leaves. Bring the mixture to a low simmer. Cook for 30 minutes, skim, and add the corn wheels. Continue to cook for 15 minutes, then add the carrots, green beans and zucchini. Continue to cook until the vegetables are tender, about 30 minutes more.

Remove the shank from the pot, then scrape all of the beef from the bone. Cut the beef into bite-size pieces. Return the beef to the broth. Season to taste with salt and black pepper.

Serve, garnished with chopped onion and mint.

Per Serving (excluding unknown items): 226 Calories; 9g Fat (calories from fat); 20g Protein; 30g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 1731mg Sodium. Exchanges: 1/2 Grain(Starch); Lean Meat; 1 1/2 Vegetable; Fat.