

Ropa Vieja (Cuban Meat Stew)

by Dayanni from Cuba

Ingredients

- 2 lbs. chuck roast, brisket, or flank steak
- 1 tbs. salt
- 3 tbs olive oil
- 2 liters water
- 1 yellow or white onion
- 3 garlic cloves
- 1/2 red pepper
- 1/2 green pepper
- 5 tbs. tomato paste
- 150 mL white wine
- 1 tbs. Complete Seasoning
- 1 pinch cumin



Method

1. Boil your cut of meat in salted water for 45 minutes.
2. Once your meat is cooked, remove from water, then shred.
3. Next pan-fry the onion, garlic, green and red pepper, seasoning, and cumin.
4. After the spaces have been fried, add tomato paste.
5. Lastly, add the shredded meat and white wine to the sauce. Simmer for 10 minutes.
6. Serve with rice.



“ I chose this recipe because it is my boyfriend's favorite food, so I make it for him many times. Before I met my boyfriend, I cooked that recipe for the first time a year ago. My dad taught me how to make this recipe and I made it for a party on the last day of school. One curious thing about this recipe is that I have made it many times but I never tasted it because I don't eat peppers and onions, but I like to cook it to make my family happy. ”