



Puerto Rican Canned Corned Beef Stew

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This stew recipe is simple easy and quick with corned beef in a can and other common pantry items The end result is delicious and satisfying Serve it over white rice with sweet fried plantains on the side

Ingredients

— - 1 small potato
— peeled and cubed - 2 tablespoons olive oil - ½ cup sweet corn kernels - 2 tablespoons sofrito - 2 cloves garlic - 1 (8 ounce) can tomato sauce - 1 teaspoon dried oregano - 1 large bay leaf - ½ cup water - 1 (12 ounce) can corned beef - salt and ground black pepper to taste

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Bring a small pot of water to a boil. Add potato and cook
2. uncovered
3. until slightly tender
4. about 5 minutes. Drain. Dotdash Meredith Food Studios Heat oil in a large skillet or Dutch oven over medium-high heat. Add drained potatoes
5. corn
6. sofrito
7. and garlic; cook and stir until fragrant
8. 2 to 3 minutes. Dotdash Meredith Food Studios Add tomato sauce
9. oregano
10. and bay leaf; cook and stir until flavors combine
11. 2 to 3 minutes. Dotdash Meredith Food Studios Add water and bring to a boil. Reduce the heat to medium-low and stir in corned beef; cook until heated through
12. 6 to 8 minutes. Dotdash Meredith Food Studios Recipe Tips Feel free to use your favorite ingredients instead of what's listed
13. such as mixed vegetables for the corn and canola oil instead of olive oil
14. and instead of cubed potatoes
15. you can fry French fries and add them at the end. You should be able to find sofrito in your grocery store. If not
16. make a batch at home with your food processor. Blend (in batches) 2 onions
17. 1/2 pound sweet peppers
18. 1/2 bunch cilantro
19. 1/2 cup olive oil
20. 1/2 cup pimento-stuffed olives
21. 1 Cubanelle pepper (or green bell pepper)
22. 1/2 head peeled garlic
23. 2 tablespoons roasted red peppers
24. 3 recao (culantro) leaves
25. 2 teaspoons dried oregano
26. 1 teaspoon capers (optional)
27. 1/2 teaspoon salt
28. and 1/2 teaspoon ground black pepper. If you don't have all the ingredients
29. don't sweat it! Just use olive oil
30. onion
31. garlic
32. and peppers with whatever other ingredients you might have.