



Ropa Vieja Cuban Meat Stew

Jacob · 29/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

6

Description

A filling beef meal Ropa Vieja is a main course of shredded and braised beef with plenty of healthy tasty vegetables like onions peppers and olives Our GOYAreg Ropa Vieja recipe is sure to satisfy the hungriest of appetites Lots of rice adds a fluffy texture to a full plate too Serve Ropa Vieja with GOYAreg Frozen Ripe Plantains for a classic Latin pairing

Ingredients

- - 2 tablespoons Goya Extra Virgin Olive Oil - 2 ½ pounds flank steak
- cut in 3-inch x 4-inch pieces - Goya Adobo with Pepper
- to taste - 2 large yellow onions
- finely chopped - 1 ½ green bell peppers
- finely chopped - 1 (6 ounce) jar Goya Sofrito - 3 teaspoons Goya Minced Garlic - 1 (8 ounce) can Goya Tomato Sauce - 1 packet Sazon Goya with Coriander and Annatto - 1 packet Goya Powdered Beef Bouillon - ¼ teaspoon Goya Ground Black Pepper - 1 cup Goya Spanish Olives Stuffed with Minced Pimientos
- sliced - 1 (2 ounce) jar Goya Capers - 1 tablespoon chopped fresh cilantro - 2 cups cooked Canilla Extra Long Grain Rice

Instructions

1. Heat oil in large heavy-bottomed pot over medium-high heat. Season meat with Adobo. Add steak to pot and cook in batches
2. flipping once
3. until well browned
4. about 10 minutes. Transfer meat to a plate. Lower heat to medium. Stir in onions and peppers. Cook
5. stirring occasionally
6. until vegetables are soft
7. about 10 minutes. Add sofrito and garlic to pot; cook until fragrant
8. about 1 minute. Stir in 3 cups of water
9. tomato sauce
10. Sazon
11. beef bouillon and pepper. Bring mixture to a boil. Return beef to pot. Lower heat to medium low and simmer
12. covered
13. stirring occasionally
14. about 45 minutes. Stir in olives and capers. Cover pot; simmer until meat shreds easily with fork
15. 1 - 1 1/2 hours
16. adding more water in 1/4 cup measurements
17. if pot becomes dry. Transfer meat to work surface; shred meat with two forks. Bring remaining sauce to a boil. Mix meat and cilantro into sauce. Serve with white rice. Cooking Tip from LA COCINA GOYA Fork-Tender Meat: The key to a successful Ropa Vieja is flank steak. The reason: this type of meat is the perfect candidate for a low
18. slow cooking process; as the meat slowly cooks in the simmering liquid
19. the fat and connective tissue melt
20. and baste the meat from the inside out. The results: fork-tender meat that shreds effortlessly. If flank isn't available at your market
21. skirt steak and chuck work great
22. too.