

ROPA VIEJA (Shredded Beef)

Ingredients:

1 Kg. Round Roast
2 onions
5-6 big garlic cloves
3 Peppers (green, red, yellow)
1 teaspoon of cumin
1 cup of tomato puree
Sprinkle of oregano
Parsley, Olives, Oil and Salt



Dice the beef and boil until soft, preferably in a pressure cooker. Keep the stock for the sauce. Shred the beef. Fry the onions, garlic and peppers in low heat in a wok or big frying pan. Add the shredded beef, sprinkle the cumin, oregano and parsley and mix for 3-5 minutes in low heat. Add the stock, salt, tomato puree and olives and slow cook for 15-20 minutes until the sauce has reduced, but not allowing it to get too dry.