

# Ropa Vieja - Cuban Meat Stew



(8)

Prep time 25m | Total time 3h | Yields 6 Servings



## 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 GOYA® *Ropa Vieja* recipe is sure to satisfy the hungriest of appetites.

Lots of rice adds fluffy texture to a full plate, too. Serve *Ropa Vieja* with GOYA® [Frozen Ripe Plantains](#) for a classic Latin pairing.

## Ingredients

2  
tbsp.

GOYA® Extra Virgin Olive Oil

2 ½  
lbs.

flank steak, cut in 3"x 4" pieces

GOYA® Adobo with Pepper, to taste

2

large yellow onions, finely chopped (about 2½ cups)

1½

green bell peppers, finely chopped (about 1½ cups)

1

jar (12 oz.)

GOYA® Sofrito

3

tsp.

GOYA® Minced Garlic or 6 cloves garlic, finely chopped

<b>1</b> can (8 oz.)	GOYA® Tomato Sauce
<b>1</b> packet	Sazón GOYA® with Coriander and Annatto
<b>1</b> packet	GOYA® Powdered Beef Bouillon
<b>1/4</b> tsp.	GOYA® Ground Black Pepper
<b>1</b> cup	GOYA® Spanish Olives Stuffed with Minced Pimientos, sliced
<b>1</b> jar	GOYA® Capers, drained
<b>1</b> tbsp.	finely chopped fresh cilantro
<b>2</b> cup	cooked CANILLA® Extra Long Grain Rice

## Directions

- 1 Heat oil in large heavy-bottomed pot over medium-high heat. Season meat with adobo. Add steak to pot and cook in batches, flipping once, until well browned, about 10 minutes. Transfer meat to a plate. Lower heat to medium. Stir in onions and peppers. Cook, stirring occasionally, until vegetables are soft, about 10 minutes. Add Sofrito and garlic to pot; cook until fragrant, about 1 minute.
- 2 Stir in 3 of cups water, tomato sauce, Sazón, beef bouillon and pepper. Bring mixture to a boil. Return beef to pot. Lower heat to medium low and simmer, covered, stirring occasionally, about 45 minutes. Stir in olives and capers. Cover pot; simmer until meat shreds easily with fork, 1 – 1½ hours, adding more water in ¼ cup measurements, if pot becomes dry.
- 3 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.