



Ropa Vieja - Pulled Beef

Beef, Crock Pot, Mexican

Prep Time: 30 **Cook Time:** 8 hr **Difficulty:** Easy **Servings:** 3

INGREDIENTS

- 1 (14.5 oz.) can no-salt-added diced tomatoes with juice
- 1 1/2 medium yellow bell peppers, cored, seeded, and chopped (about 3 cups)
- 1 1/2 medium shallots, thinly sliced (1-1/2 cups)
- 1 Tb. drained, rinsed, and chopped capers
- 1 tsp. minced garlic
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1/2 tsp. freshly ground black pepper
- kosher salt
- 1 dried bay leaves
- 1 1/2 lb. flank steak
- 1/2 cup chopped fresh cilantro leaves
- 1 Tb. sherry vinegar



DIRECTIONS

In a 6-quart slow cooker, stir together the tomatoes, bell pepper, shallots, capers, garlic, oregano, cumin, black pepper, 1/2 tsp. salt, and the bay leaves.

Cut the flank steak in half with the grain, then cut each of these halves into thirds across the grain. Nestle the pieces of beef into the sauce.

Cover and cook on low for 8 hours, or until the beef can be shredded easily.

Discard the bay leaves. Shred the meat in the cooker with two forks, then stir in the cilantro, vinegar, and salt to taste.