

Brenda's Ropa Vieja
(Brenda's Kitchen, Winter 2009)

Winter always makes me want to pull out the slow cooker. This is a fun recipe which will feed 10.

Ingredients:

- ½ c. drained sliced pickled jalapeno chilies
- 3 red, orange and/or yellow peppers, cut into ¼-in-wide slices
- 2 cloves garlic, thinly sliced
- 1 lg. onion (12 oz) cut in half and sliced
- 1 tsp. ground cumin
- ½ tsp. dried oregano
- 1 bay leaf
- Salt
- 2 beef flank steaks (3 1/2 lbs. total)
- 1 can (14.5) whole tomatoes in juice
- Warm tortillas (optional)

Directions:

1. In 6 to 6 ½ Quart slow cooker, stir together jalapenos, peppers, garlic, onion, cumin, oregano, bay leaf, and 1 tsp salt. Top with flank steaks, cutting steaks if necessary to fit in slow cooker bowl. With kitchen shears, coarsely cut up tomatoes in can. Pour tomatoes with their juice over the steaks in the slow cooker; do not stir. Cover slow cooker with lid, and cook as manufacturer directs on low setting 9 hours.
2. With slotted spoon, transfer steak and vegetables to large bowl. Discard bay leaf. With 2 forks, shred steak, with the grain, into fine strips. Skim and discard fat from cooking liquid. Stir cooking liquid into steak mixture. Spoon into serving bowls, and serve with warm tortillas if you like.
3. Makes about 10 cups.

