



Ropa Vieja

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups bell pepper strips green 2 peppers
- ☐ 2 cups bell pepper strips red 2 peppers
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 2 pound flank steaks trimmed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 6 tablespoons olives green pitted thinly sliced

- ☐ 1 teaspoon ground cumin
- ☐ 3 cups less-sodium beef broth fat-free
- ☐ 3 cups thinly onion red vertically sliced
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons sherry vinegar
- ☐ 1 tablespoon no-salt-added tomato paste

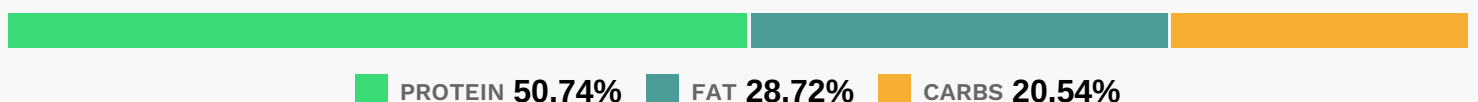
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 steak to pan; cook 2 1/2 minutes on each side or until browned.
- ☐ Remove steak from pan. Repeat procedure with cooking spray and remaining steak.
- ☐ Reduce heat to medium.
- ☐ Add onion, bell peppers, and garlic to pan; cook 7 minutes or until tender, stirring frequently. Stir in olives and next 5 ingredients (through black pepper); cook 30 seconds or until fragrant. Stir in vinegar, scraping pan to loosen browned bits; cook for 2 minutes or until liquid almost evaporates. Stir in broth, tomato paste, and bay leaves.
- ☐ Add steaks; bring to a simmer. Cover, reduce heat, and cook 1 1/2 hours or until steaks are very tender. Discard bay leaves.
- ☐ Remove steaks from pan; shred with two forks. Stir shredded beef and cilantro into pan.
- ☐ Wine note: A savory beef dish such as this needs a rich red wine, but preferably one that won't break the bank since this is a humble meal. One of my favorites is Reds, a delicious blend of several varietals, with zinfandel predominating. And the 2005 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:21.483043587726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg

Nutrients (% of daily need)

Calories: 219.07kcal (10.95%), Fat: 6.92g (10.64%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.32g (5.91%), Cholesterol: 68.04mg (22.68%), Sodium: 632.32mg (27.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (55.01%), Vitamin C: 83.34mg (101.02%), Vitamin B6: 0.98mg (49.04%), Selenium: 34.2µg (48.86%), Vitamin B3: 7.8mg (38.98%), Zinc: 4.65mg (31%), Vitamin A: 1436.87IU (28.74%), Phosphorus: 271.02mg (27.1%), Potassium: 846.02mg (24.17%), Vitamin B12: 1.03µg (17.2%), Iron: 2.63mg (14.59%), Manganese: 0.26mg (12.86%), Folate: 48.79µg (12.2%), Fiber: 2.95g (11.79%), Vitamin B2: 0.2mg (11.64%), Magnesium: 43.58mg (10.9%), Vitamin K: 11.39µg (10.85%), Vitamin B1: 0.16mg (10.59%), Vitamin E: 1.46mg (9.76%), Vitamin B5: 0.97mg (9.66%), Copper: 0.17mg (8.26%), Calcium: 59.19mg (5.92%)