



CUBAN ROPA VIEJA

Ingredients

For the steak (6 servings)

- 2 pounds flank steak
- 2 teaspoons kosher salt
- 2 teaspoons black pepper, ground
- 1 ounce olive oil
- 1 packet Sazon Goya
- 2 teaspoons beef adobo seasoning
- 2 yellow onions, sliced
- 3 bell peppers
- 4 cloves garlic, minced
- 1 teaspoon cumin, ground
- 1/2 cup Spanish green olives, sliced
- 1/4 cup capers, drained
- 32 ounces broth
- 8 ounces tomato sauce
- 3 tablespoons cilantro, chopped

For the arroz con gandules (6 servings)

- 3 cups rice
- 3 cups water
- 1 pint gandules
- 1/3 cup canola oil
- 1/2 cup sofrito
- 6 ounces tomato sauce
- 1 packet Sazon Goya
- 1 cup Spanish olives, whole, pitted
- 1 teaspoon cumin

For the frijoles negros (6 servings)

- 1 pound black beans
- 6 cups water
- 1/4 cup sofrito
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 packet Sazon Goya
- 2 bay leaves
- 2 teaspoons salt
- 3 tablespoons cilantro leaves

Directions

For the steak

Preheat the oven to 325 F.

Season the flank steak with salt and pepper and sear on both sides; transfer to a braising dish. In the same pan add the rest of the ingredients except the broth and tomato sauce, and sweat out for 5 minutes. Deglaze the pan with the liquids and bring to a simmer, pour over the beef and cover the container. Place in the oven and braise for 2 hours or until tender. Once rested, shred the meat and pour the reserved liquid back onto the shredded beef. Garnish with the cilantro.

For the arroz con gandules

Bring the ingredients minus the rice to a boil. Add the rice, stir and cover. Lower heat to a simmer and cook for 25 minutes or until the rice is cooked.

For the frijoles negros

Soak the beans overnight in water, drain and place all ingredients into a pot minus the cilantro. Refill with water to cover the beans, and then add the remaining ingredients and bring to a boil. Let boil until the beans are soft, about 35 minutes. Serve and garnish with the cilantro leaves.

Side dishes

Arroz Con Gandules

Frijoles Negros



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