

Ropa Vieja 6 Servings

Serve over rice, noodles, potatoes

- 3 1/2 pounds whole beef chuck roast or pot roast
- salt and freshly ground black pepper
- 3 tablespoons olive oil

- 1 cup water

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 4 large carrots, grated

- 1 teaspoon minced garlic
- 1 red or green bell pepper, chopped
- 1 cup tomato sauce, or slightly more, to taste
- 1 bay leaf
- 1/2 cup dry white wine
- 1/2 cup green olives with pimientos, chopped
- sugar to taste (start with 1 tablespoon, mix it in, taste it, and increase 1 teaspoon at a time)

1. Heat the oil over high heat in a heavy pot. Remove EXCESS fat but leave a little to help tenderize the meat. Rub the meat with salt and pepper to taste and brown the meat well on both sides.

2. Add 1 cup water, reduce heat to low, cover and simmer for 2 hours or until meat is tender. Remove from the heat, and cool the meat completely in its juices with the cover on. Remove from the pot, cut into 2 to 2 1/2" thick strips perpendicular to the grain. Shred the meat with a fork, pulling with the grain. Set aside.

3. In another pan, heat the oil over medium heat, and saute the onions and carrots until they are very tender and picking up a little brown color.

4. Add the remaining sauce ingredients, cover and bring to a boil over medium-low heat. Taste and adjust for sugar and salt.

5. Add the meat and its juices and blend well. Cover and simmer over low heat for 15 to 20 minutes more.