

Ropa Vieja

Ingredients

Good quality olive oil
2 lb. organic, pasture-raised London Broil beef or Bison, cut into big chunks
Salt/pepper
1 medium yellow onion, peeled and thinly sliced
1 red bell pepper, cored and sliced into strips
4-6 garlic cloves, peeled and minced or passed through a garlic press
½ cup dry white wine
2 carrots, peeled and halved lengthwise
1 28-oz can crushed tomatoes (see note)
1 small can tomato paste
1 cup low-sodium vegetable/chicken/beef broth
1 tsp. cumin
1 dry chipotle chile
1 tsp. dry oregano
2 bay leaves
¼ cup sliced, pitted green olives
Vinegar to taste
Cilantro for garnish

Preparation

1. In a large pan, heat a small quantity of olive oil. When the oil is hot, season the meat on all sides and place into the pan. Sear the meat for 2-3 minutes per side, until browned and then transfer to the pressure cooker.
2. Add a bit more olive oil to the pan if needed and toss in the onion. Cook onion, stirring regularly, until it starts to take on a golden color (about 5 minutes). Add pepper and cook an additional 3-4 minutes, stirring regularly. Toss in the garlic and cook another 45 seconds, stirring constantly to keep the garlic from sticking to the pan
3. Add the wine to the pan and stir with the vegetables for 10-15 seconds to help loosen everything from the pan. Transfer vegetables to pressure cooker. Toss in the carrot.
4. In a mixing bowl, mix the crushed tomatoes, tomato paste, broth, cumin, chipotle, oregano, and bay leaves. Pour into pressure cooker.
5. Close the pressure cooker and cook for 6-8 hours on the proper setting. When the cooking time is up, open the pressure cooker and transfer

the meat to a large plate or cutting board. Shred the meat with 2 forks and place back into the pressure cooker. Toss in the olives.

6. Taste the sauce and adjust acidity by adding 1-2 tablespoons of vinegar. Adjust salt. Cook for 30 more minutes, then remove from the pressure cooker and garnish with cilantro. Serve with rice and beans.

Notes

Use a high-quality stainless steel pan for this recipe.

Bring the meat to room temperature before cooking and trim away any excess fat. Make sure to sear the meat on all sides to lock in the juices.

Use good quality crushed tomatoes. I prefer fire-roasted crushed tomatoes for extra depth of flavor.

If you can't find dry chipotle chiles, you can substitute a dash of cayenne pepper or red pepper flakes. But don't go overboard. This dish is not really meant to be spicy.