Ropa Vieja



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Recipe by: Laura Vitale

Serves 6-8

Prep Time: 16 minutes Cook Time: 6 hours 0 minutes

Ingredients

- __2lb Chuck Roast
- __1 Yellow Onion, sliced
- __1 Red Bell Pepper, sliced
- __1 Cubanelle Pepper, sliced
- ___7 Cloves of Garlic, chopped
- __1 tsp of Cumin
- __1 tsp of Dried Oregano
- __Salt to taste
- __1/2 cup of Tomato Puree
- __1-1/2 cups of Diced Tomatoes
- _1 cup of Beef Stock
- ___1/2 cup of Pimento Stuffed Olives plus a
- couple tablespoons of the brine
- __Cilantro
- Lime Wedges

1) Season the roast well with some salt and sear in a hot oiled skillet for a couple minutes on each side until golden brown, set aside.

2) Add the peppers, onions, garlic, cumin, oregano, tomato puree, diced tomatoes, beef stock and some salt to your slow cooker give it all a good stir, then nestle in the seared beef, cover and cook for 5 to 6 hours on high or until the beef is super tender.



3) Once the beef is tender and falling apart, take it out of the slow cooker, shred it with a couple forks and pop it back in along with the olives and brine, let them sit on low for about 10 minutes then plate, sprinkle some cilantro and squeeze a little lime on top and dog in!