

Eat Your Heart Out Edibles

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Ropa Vieja

Ingredients:

1 chuck roast, about 2 1/2 to 3 pounds
1 1/2 cups beef broth
1/4 cup recaito*
1/4 cup sofrito*
2 medium onions, sliced
3 cloves of garlic, chopped
10 pimento-stuffed olives, sliced
2 envelopes of Sazon
2 Tbs. olive oil
adobo, to season
salt + pepper
1 Tbs. garlic powder
1 Tbs. onion powder
1 Tbs. Oregano
1 can fire roasted diced tomatoes
4 carrots peeled & sliced
1 large handful fresh cilantro, chopped

Instructions:

Drizzle pot roast with olive oil, season with adobo, some S+P, onion powder, garlic powder, and oregano - rub the spices into the roast with your hands. Put chuck roast in crock pot. Pour in beef broth along with sofrito, recaito and sazón.

Put onions, garlic, carrots and tomatoes and olives over pot roast.

Set on LOW for 10 hours - just let it go overnight! When it is done I add the cilantro.

*you can buy Goya brand recaito and sofrito instead of homemade, it will save you some prep time, but homemade is best!!

Compliments of Eat Your Heart Out Edibles

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