CUBAN · LUNCH · DINNER

Ropa Vieja (Cuban Shredded Beef in Tomato Sauce)

Ropa vieja cubana

60 min · Serves 4 · 431 kcal a serve · Video 5:42 in Spanish · Receta Cubana

Gluten-free ingredients · Dairy-free · Nut-free

About 36 g protein and 12 g net carbs a serve from flank steak cooked tender, shredded and braised with peppers, onion and tomato, a protein-rich main that keeps blood sugar steady.

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Ingredients 17 · SERVES 4

- [ ] 1¼ lb **beef flank steak** (falda de res)
- [ ] 1 tsp **ground cumin** (for the broth)
- [ ] 1 tsp **dried oregano** (for the broth)
- [ ] 2 **bay leaves** (for the broth)
- [ ] ¼ **onion** (for the broth, lifted out)
- [ ] 1 large **garlic** clove (for the broth, lifted out)
- [ ] 1½ cups of the **beef cooking broth** (seasoned with ½ tbsp salt)
- [ ] 3 tbsp **oil** (olive or vegetable)
- [ ] 4 large **garlic** cloves, crushed
- [ ] ½ large **red onion**, sliced
- [ ] ½ **red capsicum** (bell pepper), cut in strips
- [ ] ½ **green capsicum** (bell pepper), cut in strips
- [ ] **Marinara sauce**: 1½ cups tomate frito (Spanish-style tomato sauce) or tomato purée
- [ ] **Cooking wine**: ½ cup red wine or Cuban dry cooking wine (vino seco)
- [ ] 1 tbsp **sweet paprika** (pimentón dulce)
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the flank steak in a pot, cover with water and add the cumin, oregano, ½ tbsp salt, bay leaves, a quarter onion and a garlic clove. Cook until very tender: about 25 minutes in a pressure cooker. 0:38
2. Meanwhile cut the red and green capsicum into thin strips, slice half a large red onion and crush the garlic. 1:23
3. Lift the beef out, keeping the broth. Drain it and pull it apart along its grain into thin shreds with two forks. 2:10
4. Heat 3 tbsp oil in a wide frying pan and gently fry the garlic, onion and capsicum over medium heat for about 5 minutes, without letting the garlic burn. 2:55
5. Add the shredded beef and fry it with the vegetables for about 2 minutes so it takes on their flavour. 3:19
6. Pour in the tomato sauce, 1½ cups of the cooking broth and the red wine, then add the paprika, salt and pepper. Simmer for 5 minutes over medium-high heat until the sauce is as thick as you like, then rest 10 minutes before serving. 3:37

> **Tip** Serves 4 (our estimate from 1¼ lb beef). In an ordinary pot, simmer the flank 1½–2 hours. Tomate frito is already salted, so season at the end. Cubans serve it with rice and black beans; cauliflower rice keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
431 kcal	36 g	16 g	3.8 g	23 g	1,090 mg
1,800 kJ	71% of a day	12 g net · 7.8 g sugars	14% of a day	5.8 g saturated	48% of a day
		6% of a day		29% of a day	

Energy from net carbs 12% · protein 36% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 70% · Vitamin B12 66% · Vitamin B6 62% · Zinc 56% · Vitamin C 49% · Vitamin E 34% · Iron 25% · Vitamin K 22%

Source of (10–19%) Potassium 19% · Magnesium 15% · Vitamin A 12% · Folate 10%

Recipe and video: Receta Cubana (@RecetaCubana) on YouTube — youtube.com/watch?v=oG0_sAbQoJU, published 5 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ropa-vieja-cubana