

Crockpot Ropa Vieja



Ingredients

1 3/4 lb flank steak
7.5 oz tomato sauce (low sodium -- half of a 15 oz can)
1/2 c water
3 cloves garlic
1 onion, quartered and sliced thin
1 red pepper, quartered and sliced thin
1 green pepper, quartered and sliced thin
3 bay leaves
1 tsp ground cumin
1 can (15.5 oz) diced tomatoes, low sodium
1/2 t pepper
3 tbsp red wine vinegar

Directions

Add tomato sauce, garlic, cumin, water, bay leaf, pepper, and vinegar to the bottom of a crock pot and stir. Layer onions in bottom of crock pot. Add beef atop onions, and be sure the liquid mixture is spooned atop the steak so it doesn't dry out (just a bit spooned, or press the steak down so it flows over). Add the peppers on top of the steak and the diced tomatoes evenly on top of the peppers. Cover and cook on low for 8 hours. Once cooked, remove the meat from the crock pot and use two forks to shred before returning to the pot.

Serve over rice or alone. It can also be served with tortillas.

Number of Servings: 6 (about 3/4 cup)

Nutrition Info

- **Calories:** 279.1
 - **Fat:** 10.3g
 - **Carbohydrates:** 17.5g
 - **Protein:** 28.6g
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Recipe submitted by SparkPeople user SCHNOZZLES.