

Ropa Vieja

Ropa Vieja is a great Latin dish filled with braised beef, shredded with plenty of healthy, tasty vegetables, like onions, peppers and seasoned with a beef broth then finished off with cilantro.



CACFP Home Childcare Crediting Information

$\frac{3}{4}$ cup meat/vegetable mixture ($\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 oz spoodle) and $\frac{1}{2}$ cup rice ($\frac{1}{2}$ cup measuring cup or No. 8 scoop) provides $\frac{1}{2}$ cup vegetable ($\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), 1 oz equivalent meat, 1 oz equivalent grain.

Preparation Time: 15 minutes

Cooking Time: 2 $\frac{1}{2}$ - 3 hours

Makes: 6 servings

Ingredients

12 oz Beef shoulder
 5 oz Fresh onions, chopped
 5 oz Fresh red bell peppers, chopped
 2 tsp Fresh garlic, minced
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{2}$ tsp Ground oregano
 $\frac{1}{2}$ tsp Ground cumin
 $\frac{1}{4}$ tsp Dried rosemary, crushed
 $\frac{1}{4}$ tsp Ground black pepper
 $\frac{1}{4}$ cup Apple cider vinegar
 1 $\frac{1}{2}$ cups Low-sodium beef broth
 $\frac{1}{3}$ cup or 3 $\frac{1}{2}$ oz Canned tomato paste, no-salt-added
 8 oz Water
 1 Bay leaf
 $\frac{1}{2}$ cup or $\frac{1}{2}$ oz Fresh cilantro, chopped
 2 cups or 16 oz Water
 1 $\frac{1}{8}$ cups or 7 oz Brown rice, long-grain, regular, dry, parboiled

Directions

- 1 Preheat oven:
 Conventional oven: 350 °F.
 Convection oven: 325 °F.
- 2 Heat large stock pot over medium high heat and spray with a pan release spray.
- 3 Add beef shoulder. Cook or sear each side uncovered over medium-high heat for 2 minutes.
 Set aside for step 5.
 Do not allow meat to sit longer than 5 minutes
- 4 In the same stock pot, add onions, bell peppers, and garlic. Cook uncovered over medium-high heat for 2-3 minutes or until onions are translucent.
- 5 Add seared beef, salt, oregano, cumin, rosemary, black pepper, vinegar, beef broth, tomato paste, water, and bay leaf.
- 6 Bring to a boil. Reduce heat to medium-low. Cover and cook for 2 $\frac{1}{2}$ –3 hours. Stir every hour to prevent sticking. Add additional water as necessary to prevent from sticking.
- 7 Critical Control Point:
 Heat to 165 °F or higher for at least 15 seconds.
- 8 Once beef is fork tender, remove from heat. Use a fork to shred meat. Return shredded beef back to pot.
- 9 Add cilantro and stir well.
- 10 Pour about 1 qt $\frac{1}{2}$ cup (2 lb 4 oz) shredded beef mixture into a roasting pan (9" x 13" x 2"). Set aside for step 19.
- 11 Critical Control Point:
 Hold for hot service at 140 °F or higher.

Directions continued

- 12 Boil 2 cups of water for the preparation of rice for step 14.
- 13 Place about 1 ½ cups brown rice in a small baking pan (8" x 8" x 2").
- 14 Pour the boiling water over brown rice. Stir. Cover pan tightly.
Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
- 15 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 16 Remove rice from oven. Stir and fluff rice. Set aside for step 17.
- 17 Critical Control Point:
Hold for hot service at 140 °F or higher.
- 18 Serve ½ cup rice (portion with ½ cup measuring cup or No. 8 scoop).
- 19 Serve ¾ cup shredded beef (portion with ½ cup and ¼ cup measuring cups or 6 oz spoodle) on top of rice.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 209, Protein 13 g, Carbohydrates 37 g, Dietary Fiber 4 g, Total Sugars 4 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 25 mg, Sodium 349 mg, Vitamin A 80 mcg RAE, Vitamin C 51 mg, Vitamin D 1 IU Calcium 63 mg, Iron 5 mg, Potassium 415 mg

