



Adobo Lime Ropa Vieja

Serves 4-6

2 1/2 Lbs Chuck Roast, Boneless
3 Tbsp Canola Oil
3 Lg Bell Peppers, Color of Your Choice, Sliced
3 Lg Poblano Peppers, Sliced
1 15 Oz Can of Diced Tomatoes (Do Not Drain)
2 Cups Low Sodium Beef Broth
1 Can of Black Beans, Drained and Rinsed
2+ Tbsp Adobo Lime

Fresh Tortillas and Mexican Cheese to Serve

Preparation:

If you have a cast iron dutch oven that is the perfect tool to use to braise our meat. Heat 2 tbsp canola oil and sear the steak and season the side facing up with 1 tbsp Adobo Lime. Get a nice crust, about 6 minutes, on meat and flip. Season second side with another 1 tbsp Adobo Lime. Once you have a good sear on both sides carefully add the beef broth. Cover with lid and simmer for 2 1/2 hours. Resist the urge to peek!

Remove roast to a cutting board and let it cool for a bit, 15 minutes or so. Save 1 1/2 cups of the beef cooking liquid. Then using 2 forks or your fingers, shred the beef. Remove any membrane or fat as you shred, placing meat in a bowl till ready to use. Add 1 cup of the saved cooking liquid to the beef bowl.

I served this with some black beans that I drained and rinsed, placed in a pot barely covered with water and 1 tsp Adobo Lime. Let simmer oil rest of meal done.

You can use any combination of peppers, ie: jalapeño, serrano, bell peppers, poblano, or anaheims, depending on how spicy you like it! You can also add onions. Sauté peppers sprinkled in a little Adobo Lime in the last 1 tbsp of canola oil until they begin to soften, about 6 minutes, add the can of tomatoes with its liquids.

Add the shredded beef and cook till heated through. You can add the remaining 1/2 cup cooking liquid if you feel it needs more moisture.

Serve in freshly cooked flour tortillas with some Mexican cheese. You can serve our Baked Mexican Rice with this as well.

Enjoy!