

## Quick Ropa Vieja ala Jef

This is not the most traditional version of this Cuban dish. A lot of it is spontaneous, but here is the basic on which you can build.

1TBSP vegetable oil  
2LBS of beef flank steak (sliced very, very thin)  
1 C beef broth  
1 can (8 oz) tomato sauce  
1 small onion, sliced  
1 green pepper, seeded and sliced into strips (you can also use a combo of colored peppers to give it more color)  
2 cloves garlic, chopped  
1 can (6oz) tomato paste  
1 Tsp ground cumin  
1 TBSP olive oil  
1 tsp chopped fresh cilantro  
2 TBSP white vinegar

In a wok or large skillet, heat the vegetable oil over medium-high heat. As quickly as possible, give the meat a good browning – pull it out onto a plate.

Add all the other ingredients (and more oil if necessary) and give them a good cooking, but not completely.

Add the meat back into the pan and turn down heat. Cover and let simmer on low, stirring occasionally for at least an hour or so.... Don't let it dry out, add more vinegar or broth if it is drying out.

Serve over rice.