

Ropa Vieja – Slow Cooker + Pressure Cooker

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-turmeric-recipe>

Ingredients:

- 3 pounds flank steak
- 1 cup beef broth
- 6 ounces tomato paste
- 14 ounces petite diced tomatoes
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1 tablespoon apple cider vinegar
- 1 onion cut into strips
- 2 bell peppers cut into strips
- 1 carrot diced
- 1 cup Spanish olives drained
- 1 bay leaf
- 4 cloves garlic minced
- yellow rice
- plantains
- black beans

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 120 milligrams
4. Fat: 28 grams
5. Fiber: 9 grams
6. Protein: 80 grams

7. SaturatedFat: 11 grams
 8. Sodium: 2040 milligrams
 9. Sugar: 16 grams
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