

# Ropa Vieja

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-ropa-vieja-mexican>

## Ingredients:

- 4 tablespoons extra-virgin olive oil divided
- 5 pounds flank steak we bought two pieces, each 2 ½ pounds
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 Spanish onion large, yellow onion, at least one pound in weight, sliced thick
- 1 tablespoon anchovy paste or two anchovy fillets, should be just anchovies, oil and salt
- 2 tablespoons minced garlic
- 1 tablespoon cumin
- 1 tablespoon oregano
- 28 ounces tomatoes kitchen-ready ground
- 1 quart beef stock or broth, see our recipe here
- 3 bay leaves
- 6 3/4 ounces olives green stuffed, drained and cut in half
- 1 cup pimento peppers diced jarred, drained, we found them in 4 ounce jars
- 12 ounces roasted peppers drained and cut into thick strips, Or, make your own, see note\* below.
- 1/4 cup fresh parsley chopped

## Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 210 milligrams
4. Fat: 60 grams
5. Fiber: 6 grams
6. Protein: 129 grams
7. SaturatedFat: 19 grams
8. Sodium: 3220 milligrams
9. Sugar: 11 grams

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