

Spanish Pulled Beef

This stew-like steak is the perfect recipe for foodies and busy families alike since it could be made in big batches and frozen for up to 3 months. It pairs well with arepas, white rice, tacos, even pasta! It is so versatile and certainly a comfort food that hopefully will become part of your weekly rotation.

Ingredients:

2 lbs. of the skirt or flank steak
1/3 cup of olive oil, mild blend
2 large Spanish onions (*one whole, one finely chopped*)
2 garlic cloves finely chopped
1 green pepper finely chopped
8 oz. organic can of tomato sauce
1 teaspoon of salt
1 Bay leaf
1/2 cup of dry white cooking wine



Step 1: Place meat and one whole onion in a pressure cooker/Instapot or a large pot (*double the cooking time if choosing a regular cooking pot*). Fill the pot with water until it is about 2 fingers over the meat. Cook meat on high pressure for 20–30 minutes.

Step 2: On a separate large pan, sauté on medium heat the finely chopped onion, green pepper, and garlic with oil for about 5–7 minutes. Wait until the onions are translucent and the peppers have softened.

Step 3: Take the meat out of the pot and shred it with two forks against the steak's grain. Remove the whole onion from the broth and toss.

Step 4: Merge shredded beef with the previously sauteed onions, peppers, and garlic onto the pan. Add all the remaining ingredients together with one cup of broth from the steak.

Step 5: Let all the ingredients simmer for about 20 minutes at medium heat and add more broth as the sauce starts to evaporate. The beef should be in a runny sauce.

This recipe gets better the day after, so do not shy away from refrigerating it. Reheat it for leftovers, lunches, or dinner.

Enjoy / Buen Provecho,

Kellmy



Butcher Boy's guest blogger Kellmy Rosado-Vargas is the owner of two Lawrence-based businesses, independent design consultancy [Left Eye Creations](http://www.lefteyecreations.com) (www.lefteyecreations.com) and custom printing company [LEC Print](http://www.lecprint.com) (www.lecprint.com). But more personally, Kellmy is a foodie from birth, and he shared his story and recipe for Spanish Pulled Beef on butcherboymarket.com.