

Manasseh Cuisine

ROPA VIEJAS RECIPE

Homemade Beef broth

3½c-water
2lb- flank steak
1quarter red cabbage
1 small snack package of carrots
1tbsp Onion powder
1tbsp Garlic powder
1tsp-Black peppercorns
1½tbsp Salt

Preparing the ingredients

Be sure to wash all meats with vinegar, lemon water and salt. Set aside. **Wash all the veggies as well.**

In an instant pot or stockpot add water along with ingredients and cook until meat are tender and cooked well.

Ropa Viejas

Remove steak from broth saving a 1cup of broth
String flank steak with fork
Puree about a 1lb of tomatoes
Make a garlic paste using a mortar and pedestal.

(5 garlic cloves, salt, pepper, allspice)

In a large skillet pour $\frac{1}{4}$ cup of olive oil and heat. Add in sliced green, red, and orange peppers or peppers of your choice along with sliced onions.

Once peppers and onions have softened add in prepared garlic paste and cook until fragrant about $1\frac{1}{2}$ to 2 min.

Add in tomato puree, wine, and bay leaf. Cook for about 10 minutes then add shredded beef, broth and 1 can of fire.

Add roasted tomatoes to the skillet and cook for about 15-20 minutes. Garnish with fresh parsley. Serve with rice and beans, plantains, or bananas.

Manasseh Style Black Beans

1- $1\frac{1}{2}$ cup of dry black beans rinsed

Chopped garlic

Finely chopped onion

1 quartered bell pepper

Salt

Pepper

Cumin

In a medium stockpot add rinsed beans and enough water to cover. Bring to a boil and drain.

Set aside.

Sauté onions and peppers until almost soft adding in garlic and sauté until garlic becomes fragrant.

Remove from heat. In a large stockpot add beans, onions, peppers, and garlic. Add in beef broth, salt, pepper and cumin (Use homemade beef broth from above)

Cook on medium low for 1 hour then reduce to low heat and cook beans for 4-5hours until tender.

3-Ingredient Manasseh Style Drink

Cuban Breeze (Source Pinterest)

Amaretto liquor

Vodka

Pineapple juice

(Brands I used)

Di Amor- Amaretto

Seagram's- Vodka

Dole Pineapple juice

In a cocktail shaker add ice, vodka, amaretto and
½ can of 8.4oz pineapple juice.
then serve in your favorite cocktail glass.