

Ropa Vieja



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Modified from: The Complete Spanish Cookbook

Serves 4

2 small eggplant	1 red bell pepper, diced	1/2t cayenne pepper
2t salt	1 ~ 15oz can diced tomatoes, do not drain	16oz cooked beef, turkey or chicken, cubed
1/3c olive oil, divided use	1c beef, chicken or vegetable stock	1 ~ 15oz can garbanzo beans
1 large onion, chopped	1t cumin	freshly ground black pepper
4 garlic cloves, finely minced	1/2t allspice	

Dice eggplant and place in colander. Sprinkle with salt, shake well to coat and allow colander to sit in sink for 1 hour for eggplant to drain. Rinse well, pat dry with paper towels.

Heat 1/4c olive oil in large Dutch oven and sauté onion, garlic and red bell pepper until soft. Add tomatoes and their juices, stock, cumin, allspice, cayenne and meat. Stir well and reduce heat to simmer.

In separate skillet, heat remaining olive oil and fry eggplant cubes, in batches if necessary, until they are brown on all sides.

Add eggplant and garbanzo beans into Dutch oven and simmer 20 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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