

# Ropa Vieja *Instapot*

Serves 5-6



## Steps

1. In the pot of a pressure cooker on the “brown” or “saute” function, begin browning the meat in one tablespoon olive oil. Season with salt and pepper. Once meat has browned on all sides, remove.
2. Add the garlic and onions sauteing until the onions are translucent. Add the bell pepper and jalapeno pepper and saute until they just starting to brown. Add the meat and all the juices back in along with the canned tomatoes, oregano, cumin and bay leaf.
3. Close the lid and steam valve on your pressure cooker and cook on high for 35 minutes. Allow the pressure to release naturally for 10 minutes before using the quick release.
4. Remove the bay leaf and discard. Remove the meat chunks to a plate and shred using two forks. Return the meat and add in the olives and capers. Stir. Taste for seasoning. If desired, you can add some of the brine from the olives in for more flavor and seasoning. Serve warm with rice, tortillas and avocado.

## Ingredients

- 1 ½ pounds flank steak, cut lengthwise into 4 pieces (or beef stew meat)
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 1 jalapeno, seeded and thinly sliced
  
- 1 (28-ounce) can of fire-roasted tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 bay leaf
  
- 1 cup pitted green olives, sliced (reserve some of the brine if desired)
- 2 tablespoons capers, drained
- Handful of fresh cilantro leaves, finely chopped
- Fresh avocado, rice and warmed flour or corn tortillas for serving