

Cuban Beef Stew in Beef Broth over Sticky Rice



A Latin Style Beef & Vegetable Stew served with Rice

Yield	80oz. (10/8oz servings)
Serves	10
Preparation time	15 - 20 minutes
Cooking time	40 - 50 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1/2	oz	1	tbsp	Olive oil	
4.5	oz	1	cup	Onions	medium diced
1	oz	2	tbsp	Garlic	minced
20	oz			Beef sirloin steak	tips, cubed
3/4	oz			<u>MINOR'S® Beef Gravy Concentrate (No Added MSG) 6x13.6 oz.</u>	
16	oz	2	cups	Water, boiling	
4	oz	3/4	cup	Potatoes	medium diced, blanched
2	oz	1/4	cup	Red pepper, roasted, canned and drained	medium diced
1	oz	2	tbsp	Raisins	
2	oz	1/4	cup	Capers in brine, drained	
2	oz	1/4	cup	Green olives, stuffed	
28	oz	5	cups	Sticky rice	prepared

Preparation Steps

1. In a large pan, heat oil over medium heat. Add onions and garlic, stirring frequently.
2. Add meat and cook until browned. Add Minor's Beef Gravy and water. Bring to a boil, cover and reduce heat to a low simmer. Cook 30 minutes or until meat is fork tender, adding more water if stew becomes too thick.
3. Stir potatoes into stew and cook uncovered until potatoes are tender. Add roasted red pepper, raisins, capers and green olives. Season to taste.
4. Portion 4 oz of sticky rice on a plate. Ladle 4 oz. stew over rice. Garnish and serve.

Chef's tip

Use chicken in place of beef. For something lighter, omit beef and use assorted root vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	352.5
Energy (Kj)	1476.8
Protein (g)	16
Carbohydrate, total (g)	47.7
Fats, total (g)	10
Sugars, total (g)	3.1
Fiber, total dietary (g)	1.7
Sodium (mg)	468.1
Calcium (mg)	40.4
Cholesterol (mg)	23.4

Iron (mg)	1.4
Vitamin A (µg_RAE)	14.3
Vitamin C (mg)	7.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.