



Ropa Vieja

Ropa Vieja is a great Latin dish filled with braised beef, shredded with plenty of healthy, tasty vegetables, like onions, peppers and seasoned with a beef broth then finished off with cilantro.

CACFP Adult Portion Crediting Information

1 cup meat/vegetable mixture (8 oz spoodle) and 1 cup rice (8 oz spoodle) provides ½ cup vegetable (⅔ cup red/orange vegetable, ⅛ cup other vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Beef shoulder	5 lb 8 oz	3 qt	11 lb	1 gal 2 qt	<ol style="list-style-type: none"> 1 Preheat oven: Conventional oven: 350 °F Convection oven: 325 °F 2 Heat a large stock pot over medium high heat and spray with a pan release spray. 3 Add beef shoulder. Sear each side uncovered over medium-high heat for 2 minutes. Remove beef from heat. Set aside for step 4. DO NOT allow meat to sit longer than 5 minutes. 4 In the same stock pot, add onions, bell peppers, and garlic. Cook uncovered over medium-high heat for 2-3 minutes or until onions are translucent. 5 Add seared beef, salt, oregano, cumin, rosemary, black pepper, vinegar, beef broth, tomato paste, water, and bay leaves.
*Fresh onions, chopped	1 lb 8 oz	2 cups	3 lb	1 qt	
*Fresh red bell peppers, chopped	1 lb 8 oz	1 qt	3 lb	2 qt	
Fresh garlic, minced		3 Tbsp		¼ cup 2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground oregano		1 Tbsp		2 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Dried rosemary, crushed		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	
Apple cider vinegar		¾ cup		1 ½ cups	
Low-sodium beef broth		1 qt 2 cups		3 qt	
Canned no-salt-added tomato paste	11 oz	1 ⅓ cups	1 lb 6 oz	2 ⅔ cups	
Water		1 qt		2 qt	
Bay leaves		2 each		4 each	
					6 Bring to a boil. Reduce heat to medium-low. Cover and cook for 3 ½ – 4 hours. Stir every hour to prevent sticking. Add additional water if needed to prevent from sticking.
					7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8 Once beef is fork tender, remove from heat. Use a fork to shred meat. Return shredded beef back to pot.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh cilantro, chopped		1 cup	2 oz	2 cups	9 Add cilantro and stir well.
					10 Pour about 10 lb 13 oz (1 gal 1 qt) shredded beef mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Set aside for step 20.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
Water		3 qt 2 cups		1 gal 3 qt	12 Boil (3 qt 2 cup per steam table pan) water for the preparation of rice in step 14.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	13 Place 3 lb 2 oz brown rice (2 qt) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					14 Pour boiling water (3 qt 2 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					15 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 45 minutes.
					16 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
					17 Remove rice from oven. Stir and fluff. Set aside for step 19.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					18 Critical Control Point: Hold for hot service at 140 °F or higher.
					19 Serve 1 cup rice (portion with an 8 oz spoodle).
					20 Serve 1 cup shredded beef mixture (portion with an 8 oz spoodle) on top of rice.

NUTRITION INFORMATION

For 1 cup rice (8 oz spoodle)
For 1 cup beef (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	331
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	44 mg
Sodium	304 mg
Total Carbohydrate	57 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	22 g
Vitamin A	72 mcg RAE
Vitamin C	55 mg
Vitamin D	3 IU
Calcium	82 mg
Iron	7 mg
Potassium	500 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 15 oz	3 lb 14 oz
Fresh red bell pepper	2 lb 1 oz	4 lb 2 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
Rice: about 1 gal 2 qt Meat sauce: about 1 gal 1 qt	Rice: about 3 gal Meat sauce: about 2 gal 2 qt
Rice: about 8 lb 6 oz Meat sauce: about 10 lb 13 oz	Rice: about 16 lb 12 oz Meat sauce: about 21 lb 10 oz

SOURCE:

CACFP Adult Portion Recipe Project