

Cuban Crispy Shredded Beef

A few simple ingredients can take leftover pot roast to the next level. Traditionally known as Vaca Frita, sautéed beef with bell pepper, onion and lime juice, commonly served with rice and black beans.



INGREDIENTS

12 ounces shredded cooked (leftover) beef such as Chuck Pot Roast

1 cup sliced green bell pepper

1 cup sliced onion

1/4 cup fresh lime juice

2 tablespoons olive oil

2 teaspoons minced garlic

1/2 teaspoon salt, divided

1/4 teaspoon ground black pepper

Hot cooked rice, black beans and lime wedges (optional)

30 Min

4
Servings

42 Cal

28g
Protein

COOKING

1. Combine the beef Chuck Pot Roast, bell pepper, onion, lime juice, oil, garlic, 1/4 teaspoon salt and black pepper in large bowl. Marinate in refrigerator for 15 minutes or up to 1-1/2 hours.

2. Heat a large, nonstick skillet over medium-high heat until hot. Spread 1/3 of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2 to 3 minutes. Remove from skillet. Repeat twice with remaining beef mixture.

3. Season beef with remaining 1/4 teaspoon of salt.

Serve with rice, black beans and lime wedges as desired.

4. Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 375°F. Spread 1/3 of beef mixture in thin layer in basket. Cook until crispy in spots, turning several times, 6 to 8 minutes. Remove from basket. Repeat twice with remaining beef mixture. Season beef with remaining 1/4 teaspoon of salt.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	83mg		7g	28g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com