

Cuban Vaca Frita

Servings : 2

Amount	Measure	Ingredient - Preparation Method
16	ounces	beef flank steak
2		roma tomato - chopped
1	large	onion - cut into strips, half saved
4	cloves	garlic - chopped
1		red bell pepper - cut into strips
1	teaspoon	salt
1	teaspoon	garlic powder
1	teaspoon	cumin
		juice of 1 lime

Cut the meat vertically (along the grain) and place in slow cooker. Add tomatoes, half of the onion, garlic cloves, pepper and seasoning on top. Add enough water to cover the ingredients. Cook for about 6 hours on low or 4 hours on high.

Remove meat, shred and set aside.

Add lime juice and rest of onions to meat.

Coat a frying pan or skillet with non stick cooking spray and add mixture to the cold pan. On medium heat, stir constantly. When the onions are soft and meat cooked, raise heat and sear until brown and crispy. Serve while hot.