

# Shredded Steak with Peppers, Onions and Tomatoes

Servings : 16

Amount	Measure	Ingredient - Preparation Method
6	pounds	flank steak
3/4	cup	delicioso adobo (follows)
1/2	cup	worcestershire sauce
6		bottles beer
1/2	cup	canola oil
2	medium	yellow onion - chopped
2		red bell pepper - cored, seeded, ribbed and chopped
2		green bell pepper - cored, seeded, ribbed and chopped
6		scallion - white and light green parts, chopped
28	ounces	crushed tomatoes
6	ounces	tomato paste
		salt and pepper
		delicioso adobo
2	tablespoons	garlic powder
2	tablespoons	onion powder
2	tablespoons	dried oregano
2	tablespoons	lemon pepper
2	tablespoons	parsley flakes
2	tablespoons	achiote powder
1	tablespoon	cumin powder

Combine all delicioso adobo ingredients.

Cut the flank steak into large pieces and place them in a large bowl. In a small bowl, combine the adobo and the Worcestershire sauce to make a paste. Rub the paste into the meat, add the beer, and let marinate for 15 minutes in the refrigerator.

Transfer the meat, as well as the marinade to a large pot and bring to a boil over medium heat. Reduce the heat to low, cover and simmer until the meat is tender, about 3 hours.

Remove the meat from the pot and reserve the cooking liquid. Using 2 forks, shred the meat and set aside.

Heat the oil in a large, deep skillet over med-high heat. Add the onions, peppers, scallions and tomatoes and cook until they are soft, 10 minutes. Add the tomato paste and meat to the pan along with 2 cups of the reserved cooking liquid. Cover and simmer until the juices cook down, about 15 minutes.