

Cuban Slow Cooker Beef with Black Beans

4 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 5-8 hours

Peeler Farms or Augustus Ranch Beef Stew Meat, thawed
South Texas Organics 1015 Sweet Onions, ends trimmed, papery outer layers peeled and discarded
Johnson's Backyard Garden Carrots, washed, stem end trimmed, peeled (optional)
Johnson's Backyard Garden Cilantro, washed
Gulf Pacific Brown Rice
Farmhouse Kitchen Cuban Stew Sauce, thawed
Farmhouse Kitchen-prepared Gundermann Acres Black Beans, thawed
Sea salt and fresh cracked black pepper
Olive or vegetable oil

Notes: A 2-3.5 quart slow cooker is recommended. The cook time will vary depending on whether you choose to cook over low or high heat, as well as the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

MORNING

STEP 1 Place a large pan over medium-high heat. As the pan is heating, pat the beef dry with paper towels. Cut any larger pieces of beef in half so that all pieces are roughly the same size, about 1". Season with 1 tsp. salt and pepper. When the pan is hot, add 1 tbsp. oil and the beef in a single layer. Brown the beef on all sides, about 4-5 minutes. Turn off the heat and transfer the beef to the slow cooker. (Note: You may need to brown the beef in batches. Add the first batch to the slow cooker before searing the next batch.)

STEP 2 Carefully pour the Cuban stew sauce into the hot pan to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the pan to the slow cooker. Chop the onions into medium-sized strips (about 1/2" thick) and add to the slow cooker. Gently stir to submerge. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours.

EVENING

STEP 3 During the last 1-2 hours of slow cooking, chop the carrots into 1" pieces and add to the slow cooker. Meanwhile, bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

STEP 4 While the rice is cooking, warm the black beans in a saucepan over medium-low heat, about 5 minutes. Loosen with some of the Cuban stew sauce, if you prefer. Season with salt and pepper to taste.

STEP 5 Discard the woody cilantro stems and roughly chop the tender stems and leaves. Shred the slow cooked beef using two forks inside of the slow cooker insert. (Note: You can leave the beef in whole pieces, if you prefer.) Stir to combine with the Cuban sauce and vegetables. Season with salt and pepper to taste.

STEP 6 To serve, add the brown rice to serving bowls. Top with the Cuban beef and vegetables. Add the black beans. Garnish with chopped cilantro. Enjoy!