

## Cuban Slow Cooker Beef and Black Beans

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

Peeler Farms Beef Stew Meat, thawed  
Farmhouse Kitchen Cuban Stew Sauce, thawed  
Johnson's Backyard Garden Collard Greens, washed, stems removed  
Gundermann Acres White Sweet Potato, washed, scrubbed and peeled(optional)  
Farmhouse Kitchen-prepared Gundermann Acres Black Beans, thawed  
Gundermann Acres Cilantro, washed, woody stems discarded  
Gulf Pacific Brown Rice  
Salt and pepper  
Olive or vegetable oil

**Notes:** A 2-3.5 quart slow cooker is recommended. The cook time may vary depending on the brand. If you prefer, skip the searing instructions per Step 1 and place the meat and sauce directly into the slow cooker.

### MORNING

**STEP 1** Place a large pan over medium-high heat. As the pan heats, pat beef dry with paper towels. Cut larger pieces of beef in half so that all pieces are roughly the same size, about 1". Season with ½ tsp. salt and pepper. Add 1 tbsp. oil and beef to pan in a single layer. Brown the beef on all sides, about 4-5 minutes. Turn off heat and transfer beef to the slow cooker. (Note: You may need to brown the beef in batches.)

**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 to the slow cooker. Chop the collards into strips (about ½" 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 white sweet potatoes into 1" pieces and add to the slow cooker. 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** Chop the cilantro and set aside. 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

## Cuban Slow Cooker Beef and Black Beans

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

Peeler Farms Beef Stew Meat, thawed  
Farmhouse Kitchen Cuban Stew Sauce, thawed  
Johnson's Backyard Garden Collard Greens, washed, stems removed  
Gundermann Acres White Sweet Potato, washed, scrubbed and peeled(optional)  
Farmhouse Kitchen-prepared Gundermann Acres Black Beans, thawed  
Gundermann Acres Cilantro, washed, woody stems discarded  
Gulf Pacific Brown Rice  
Salt and pepper  
Olive or vegetable oil

**Notes:** A 2-3.5 quart slow cooker is recommended. The cook time may vary depending on the brand. If you prefer, skip the searing instructions per Step 1 and place the meat and sauce directly into the slow cooker.

### MORNING

**STEP 1** Place a large pan over medium-high heat. As the pan heats, pat beef dry with paper towels. Cut larger pieces of beef in half so that all pieces are roughly the same size, about 1". Season with 1 tsp. salt and pepper. Add 1-2 tbsp. oil and beef to pan in a single layer. Working in batches, brown the beef on all sides, about 4-5 minutes. Turn off heat and transfer beef to the slow cooker.

**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 to the slow cooker. Chop the collards into 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 white sweet potatoes into 1" pieces and add to the slow cooker. 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** Chop the cilantro and set aside. 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!

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## **STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS***

Beef Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Cuban Stew Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Windy Meadows Family Farms chicken bones, onion, carrot, Johnson's Backyard Garden cilantro, Village Farms tomatoes, G & S Groves lime juice, cumin, coriander, garlic, oregano, smoked paprika, guajillo chili pepper)

Collard Greens - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Black Beans - Store in the refrigerator. Use within 5 days. (Ingredients: Gundermann Acres black beans, caramelized onions, garlic, New Mexican chili powder, Mexican oregano, Rain Lily Farm bay leaf, salt)

White Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

Cilantro - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

Brown Rice - Store in a cool, dry place in the kitchen. Use within 5 days.

**\*\*Not made with gluten, dairy, egg, nuts, fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**