



Recipes

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Machaca Beef

Serves 12

Ingredients:

1 1/2 lbs. Flank Steak
24 oz. (3 cups) Water
1 large Garlic Clove
1/4 piece Yellow Onion
1 tsp. Salt
1 large Poblano Chile
0.5 oz. (2 Tbs.) Vegetable Oil
0.25 oz. (1 Tbs.) Minced Garlic
3 oz. (3/4 cup) Chopped Onion
5.5 oz. (1 1/2 cups) Chopped Tomatoes
1 Tbs. Oregano
1/2 tsp. Salt
1/2 tsp. Black Pepper

Directions:

1. Add the first 5 ingredients in a small saucepan. Cook the steak over medium heat for 2 hours. Remove steak from pan and shred.

2. Place poblano chile over an open flame. Completely blacken the skin evenly. Place in a paper bag and seal to allow the chile to “sweat” for 10 minutes. Remove from bag and wipe off the skin. Remove stem and seeds and slice.

3. In a skillet, heat oil over medium heat. Saute next 4 ingredients and poblano strips and sauté until softened, about 5 minutes. Add shredded steak, and season with salt and pepper.