



Recipes

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Ropa Vieja Breakfast Nachos

Serves 1

Ingredients:

- 4 oz. (4 cups) Mission Tortilla Chips
 - 5 oz. (3/4 cup) Sweet Potato & Corn Hash (see recipe)
 - 3.5 oz. (1/2 cup) Ropa Vieja (see recipe)
 - 1 Poached Egg
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Directions:

1. Place tortilla chips on a serving plate. Top with warm Hash and Ropa Vieja. Top with poached egg and serve immediately.



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Ropa Vieja (Cuban Style Shredded & Braised Beef)

Serves 1

Ingredients:

1/6 lbs. Flank Steak
1/4 tsp. Ground Cumin
1/4 tsp. Freshly Ground Pepper
1/8 tsp. Granulated Sugar
1/8 tsp. Salt
1/2 tsp. Olive Oil
1/2 tsp. Unsalted Butter
1/6 large Onions, sliced
1/8 oz. (1/4 cup) Chopped Garlic
2/3 oz. (1 cup) Chicken Broth
1/3 oz. (1/2 cup) Tomato Paste
1/8 oz. (2 Tbs.) Brown Sugar
1/6 oz. (1/4 cup) Lemon Juice
1/2 tsp. Sherry Vinegar
2/5 oz. (1/2 cup) Ketchup
1/8 oz. (2 Tbs.) Worcestershire Sauce
1/4 tsp. Ground Cumin
Black Pepper to taste

Directions:

1. Season the steak with cumin, pepper, sugar and salt. Heat oil in a large Dutch oven over high heat. Sear meat on all sides, remove meat and set aside. Turn heat down to medium and melt butter. Add onions and garlic and sauté until caramelized, about 15 minutes.

2. Add ½ cup chicken broth to pan to deglaze. Scrape bottom of pan and stir. Turn heat down to low and add the meat. Add tomato paste and remaining chicken broth. Submerge the meat in the liquid, cover and cook for 1 hour. At one hour, turn the meat over and cook for 1 additional hour.

3. While meat is cooking, combine the next 7 ingredients. Pour over the meat at 2 hours and stir in. Cook for 1 hour longer.

4. Remove meat from pan, cut in half and shred. While shredding the meat, allow the sauce to cook down and thicken. Add meat back to the pan and cook for 15 more minutes.

Note: Ropa Vieja is traditionally served over white rice.



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Sweet Potato & Corn Hash

Serves 1

Ingredients:

1/3 tsp. Unsalted Butter
1/5 ears Corn, shucked
1/5 oz. (1/4 cup) Unsalted Butter
1/5 oz. (1/4 cup) Olive Oil
1 2/5 oz. (3 cups) Peeled, Cubed Yukon Potatoes
1 1/5 oz. (3 cups) Peeled, Cubed Yams
oz. (2 cups) Peeled, Cubed Sweet Potatoes
4/5 oz. (2 1/3 cups) Chopped Onion
3/5 tsp. Minced Garlic
Salt and Pepper to taste

Directions:

1. Rub the corn with butter. Place over char-broiler and blacken the corn slightly. Remove from flame and cut off corn kernels. Set aside.
2. Add butter and oil to a large skillet over medium high heat. Add potatoes, yams and sweet potatoes and cook for 10 minutes.
3. Add the onions, garlic and corn kernels. Cover and cook for 10 minutes or until tender. Season with salt and pepper.