



*Bacalao*

Serves: **8** (475 cal) | Prep Time: **8 hr 20 mins** | Cook Time: **30 mins**

**Ingredients**

- 1 lb salted cod fish
- 4 potatoes, sliced thick
- 2 onions, sliced
- 4 hard-boiled eggs, sliced
- 2 tsp capers
- 2 large cloves garlic, minced
- 1/4 cup SE Grocers pitted green olives
- 1 (4 oz) jar roasted red bell peppers, drained
- 1 SE Grocers bay leaf
- 1 (8 oz) can SE Grocers tomato sauce
- 1/2 cup SE Grocers extra virgin olive oil
- 1 cup water
- 1/4 cup white wine

**Directions**

1. Soak the salted cod in about 2 quarts of water, changing the water 3 times over 8 hours (overnight). Drain and cut the fish into bite-size pieces.
2. Layer the half of each ingredient in the following order: potatoes, cod fish, onions, hard-boiled eggs, capers, garlic, olives, roasted red peppers, and raisins. Place the bay leaf on top, then pour half the tomato sauce and half the olive oil. Repeat with the remaining ingredients in the same order. Pour the water and white wine on top. Do not stir.
3. Cover and bring to a boil over medium heat. Reduce heat to medium-low and simmer until the potatoes are tender about 30 minutes. Serve over boiled yucca.



**There's so much to celebrate!**

Dig into Hispanic Heritage month with easy and delicious dishes from Cuba, Mexico, Peru & Puerto Rico



F184252BTF009





*Ropa Vieja*

Serves: **6** (261 cal) | Prep Time: **15 mins** | Cook Time: **4 hr 15 mins**

**Ingredients**

- 1 tbsp SE Grocers vegetable oil
- 2 lbs beef flank steak
- 1 cup SE Grocers beef broth
- 1 (8 oz) can SE Grocers tomato sauce
- 1 small onion, sliced
- 1 green bell pepper, seeded and sliced into strips
- 2 cloves garlic, chopped
- 1 (6 oz) can SE Grocers tomato paste
- 1 tsp SE Grocers ground cumin
- 1 tbsp chopped fresh cilantro
- 1 tbsp SE Grocers olive oil
- 1 tbsp SE Grocers white vinegar

**Directions**

1. Heat vegetable oil in a large skillet over medium-high heat. Brown the flank steak on each side, about 4 minutes per side.
2. Transfer beef to a slow cooker. Pour in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil, and vinegar. Stir until well blended. Cover, and cook on High for 4 hours, or on Low for up to 10 hours. When ready to serve, shred meat and serve with white rice, black beans, and sweet plantains.

*Lomo salteado*

Serves: **4** (498 cal) | Prep Time: **20 mins** | Cook Time: **50 mins**

**Ingredients**

- 1 (16 oz) SE Grocers frozen packaged French fries
- SE Grocers vegetable oil, as needed
- 1 lb London broil or flap steak, sliced 1/8 to 1/4 inch thick
- Salt and pepper to taste
- 1 large onion, sliced into strips
- 3 large tomatoes, peeled, seeded, and sliced into strips
- 1 yellow chili pepper (preferably Peruvian aji amarillo)
- 1/4 cup SE Grocers distilled white vinegar
- 1 dash SE Grocers soy sauce to taste
- 2 tbps chopped fresh parsley

**Directions**

1. Prepare the bag of French fries according to package directions.
2. While the French fries are cooking, heat the oil in a frying pan over medium-high heat. Season the sliced meat with salt and pepper to taste.
3. Fry the meat until just cooked, and the juices begin to release. Remove the meat from the frying pan, then cook the onions, with additional oil if needed, until they are transparent.
4. Stir in the tomato and yellow chili pepper (preferably Peruvian aji amarillo); cook until the tomato softens. Pour in the vinegar and soy sauce, add the French fries, cover, and cook until the beef is done, about 3 minutes.
5. Season to taste with salt and pepper, and sprinkle with chopped parsley to serve.



*Black Bean Corn Grilled Steak Tacos*

Serves: **4** (960 cal) | Prep Time: **15 mins** | Cook Time: **30 mins**

**Ingredients**

**For the filling:**

- 1 lb. Angus Choice lean sirloin steak
- 2 cups mojo marinade

**For the shell:**

- 8-12 taco shells, lightly warmed

**Suggested toppings (all to taste)**

- Black bean & corn salsa
- Dole coleslaw (bagged)
- Red onion, sliced
- Lime, cut into wedges
- Tomato, diced

**Directions**

1. Using the mojo marinade, marinate steak in a plastic bag or covered bowl in the refrigerator for 1 hour, or for best results, overnight.
2. Heat grill to high. Remove steak from marinade bag or bowl with tongs and place on grill; cook until internal temp reaches 135°F (medium).
3. Remove steak from grill and let it rest for 15 minutes on a cutting board. Then, thinly slice it.