

Bifteck a la Cazuela

-- estilo cubano --

In an open pressure cooker, sear:

sliced meat (beef) -- not too thick
in a little olive oil

Add as much as you want of the following:

onions, cut into rings
green pepper(s), cut in strips
hot peppers, whole or cut
garlic
salt and pepper

Continue cooking in open pot for several minutes, adding a little water if necessary.

Then add:

A cup or more of tomato sauce or crushed stewed tomatoes,
making sure there's enough liquid to operate pressure cooker

Heat pressure cooker. Cook for 10-20 minutes after it starts to whistle.

Check seasoning. Serve.

Note: I use a pressure cooker. You can use a regular pot, but it takes longer and you have to check the water level from time to time. IF you need to add water, add only boiling water. (Cool water can harden the beans).

Recipe courtesy of USINT staff.