



the  
energized  
body<sup>LLC</sup>

| nourish today for a healthy tomorrow |

Eating a warm meal  
nourishes the body; *preparing it*  
*nourishes the soul.*

[www.theenergizedbody.com](http://www.theenergizedbody.com)

## Crock Pot Cuban Braised Beef and Peppers

*This is a great one for the crock pot & the kids love it. Little do they know they're getting a good dose of vitamin C, fiber with this one!*

Serves 4

### Ingredients

- 1 28-ounce can diced tomatoes, drained
- 2 red bell peppers, sliced 1/2 inch thick
- 1 onion, cut into 8 wedges
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- kosher salt and black pepper
- 1 1/2 pounds flank steak, cut crosswise into thirds
- 1 cup long-grain white rice or Basmati Brown Rice
- 1 avocado, sliced
- 1/4 cup fresh cilantro leaves

### Directions

1. In a 5- to 6-quart slow cooker, combine the tomatoes, bell peppers, onion, oregano, cumin, 1½ teaspoons salt, and ¼ teaspoon pepper. Nestle the steak among the vegetables. Cook, covered, until the meat is tender and pulls apart easily, on high for 4 to 5 hours or on low for 7 to 8 hours.
2. Twenty-five minutes before serving, cook the rice according to the package directions.
3. Using two forks, shred the beef and mix it into the cooking liquid. Serve with the rice and top with the avocado and cilantro.