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Shredded Beef & Vegetable Rice

This is a classic dish from the oriental part of Bolivia. It is originally made with beef jerky but I like to make it with regular beef. You will need to slowly simmer a piece of beef and then shred it and fry it until it becomes crispy. This rice is delicious served with fried eggs and fried plantains.

Here is what you will need for 6 servings:

- 2 cups white rice
- 1 pound beef brisket
- 1 small yellow onion, quartered
- 2 garlic cloves, smashed
- 2 celery stalks with leaves, halved
- 1 small yellow onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 tomatoes, peeled, seeded and chopped
- 2 tablespoons minced parsley
- Olive oil
- Salt & Pepper

Place the brisket into a pot with the quartered onion, garlic and celery. Season with salt and pepper. Bring to a boil, cover and reduce heat. Simmer for 30 minutes. Remove the beef and allow cooling. Discard the onion, garlic and celery and set the broth aside.

Shred the beef and place it into a hot large skillet with some olive oil. Cook it until the beef is crispy.

While the beef is cooking, heat another pot with olive oil. Add the rice, onion and bell pepper. Cook for about 10 minutes, stirring occasionally. Add the chopped tomatoes, parsley and crispy beef. Add 4 cups of the beef broth and season with salt and pepper. Bring to a boil and cover and reduce heat. Steam rice at low for 20 minutes, or until all the liquid is gone and the rice is cooked through. Serve with fried eggs and plantains. Enjoy!