
SALPICON DE RES

(Shredded Beef with Tomatoes, Jalapenos & Cilantro)

Serves 8

- 1 1/2 pounds skirt or flank steak
- 4 cloves garlic
- 3 small white onions
- 3 sprigs fresh cilantro, plus 3 tablespoons coarsely chopped
- 1/4 teaspoon salt
- 1 1/4 pounds tomatoes (about 4 medium), unpeeled, finely chopped, or 1 28-ounce can, undrained
- 2-4 pickled jalapeno peppers, seeded, minced, or Chiles serranos en escabeche (pickled serrano chilies), chopped

Cut steaks along the grain into 2 inch pieces. Coarsely chop 2 garlic cloves and 1 onion. Put meat, garlic and onion in a saucepan with cilantro sprigs and salt. Barely cover with water and simmer until tender - about 25 minutes for skirt steak and 35 for flank. Allow meat to cool in the broth. When meat is cool, remove any gristle or sinew and shred coarsely.

Finely chop remaining garlic and onion. In a heavy frying pan, spray with fat-free vegetable spray, add garlic and onion and fry over low heat without browning until translucent, about 3 or 4 minutes. Add tomatoes and cook over high heat, stirring until mixture has been reduced and thickened, about 8 to 12 minutes. Add shredded meat, jalapeno or serrano peppers, chopped cilantro and 1/4 cup broth. Taste for salt and cook over low heat, covered, about 5 minutes longer.

***Nutritional analysis per serving:** 202 calories, 7.9 grams of fat, 233 milligrams sodium,