Shredded Beef with Pepper Strips – 
Deshebrada (de res con rajas)

Ingredients

1 lb (454 g) stewing beef
Water, as needed
1 bay leaf
1 onion
1 large green pepper (poblano, bell, etc.); stem and seeds removed, and cut into strips
1 large tomato; washed, stem end removed and cut into quarters
1 clove garlic; peeled
1 tbsp oil
Salt and pepper, to taste

Cut ends from onion, remove and discard dry outer layers; slice in half, remove and reserve a few inner layers. Slice outer layers thinly; reserve. In a large pot, place meat, inner layers of onion and bay leaf; cover with water and cook, covered, until tender. Remove meat, shred and reserve. Discard cooked onion and bay leaf; strain broth, measuring and reserving one cup (the rest may be kept in the fridge or freezer for another use). Place measured broth (cooled), tomato and garlic in a blender jar and process until smooth, reserve. In a large pan, warm up oil over medium heat; add reserved sliced onions and sauté until translucent; add peppers strips and continue cooking, mixing onions and peppers, and coating with oil. After a couple of minutes, incorporate shredded beef. Allow beef to cook with the vegetables for another couple of minutes, then pour reserved tomato sauce, incorporating with the other ingredients; season with salt and pepper to taste, bring to a boil, then reduce heat to a simmer, and let stew for ten minutes, uncovered. Once most of the liquid has evaporated, serve hot, either in a bowl as part of a “tacos de guisado” (taco bar) spread, or Northern style, with a side of pinto beans: