



TAIT FARM FOODS

ROPA NUEVA WITH GINGER BLACK BEANS & RICE

Ropa Nueva

3 lb. beef, pork or lamb roast
1 large sweet onion
juice and rind of 1 lime

Sauce:

15 oz. can tomato sauce
¼ C. Tait Farm Ginger Shrub
1 clove garlic, minced
2 tsp. ground cumin
1/8 tsp. cayenne pepper (or more to taste)
½ tsp. ground allspice
2 tsp. ground cumin

Sear roast on all sides and place in a deep casserole or roasting pan. Sauté onion in a little oil and spread over roast. Mix sauce ingredients together (except lime juice & rind) and pour over meat. Cover tightly and roast at 325 degrees for 2-3 hours or until meat is very tender. Remove roast to a heated platter and slice. Add lime juice and rind to the sauce and pour over meat. Serves 8.

Ginger Black Beans & Rice

2 C. cooked black beans, rinsed & well drained
1 C. of rice
1 Tbs. oil
¼ C. chopped red sweet pepper
¼ C. Tait Farm Ginger Shrub
¾ C. chicken or vegetable broth
1 tsp. ground coriander seed
½ tsp. ground cumin

Heat oil in a 2 qt. Saucepan over medium heat. Add peppers and sauté for 1-2 minutes. Add rice and stir constantly until rice starts to turn opaque. Add all other ingredients and bring to a boil. Cover pan and reduce heat to low simmer 20 minutes.

~ Serve the Ropa Nueva over the Ginger Black Beans and Rice.

179 Tait Rd., Centre Hall, PA 16828 ~ TaitFarmFoods.com ~ 814-466-2386