

## **BISTEC ENCEBOLLADO / Puerto Rican Style** **Steak & Onions— (makes 8 servings)—**

### **—Ingredients—**

- 2 pounds —Beef round steak / Palomilla steak
- Salt and black pepper to taste.
- 1 Tbsp —Bitter Orange
- 1 1/2 Tbsp —Minced garlic
- 1/2 Tbsp —oregano
- 1 Tbsp — olive oil / coconut oil
- 2 Tbsp — Apple Cider Vinegar (I prefer organic with the mother)
- 3 Tbsp — water
- 1 small —red onion, sliced into half-moons

### **—Instructions—**

1. *\*\*\*Off camera I beat the steak with a meat tenderizer. This helps tremendously\*\*\**
2. *In a deep baking dish— season steak with salt and pepper to taste.*
3. *In a mug or small bowl combine the following: Bitter Orange, Minced Garlic, Oregano, Olive / coconut Oil, ACV and Water. Mix well.*
4. *Pour mixture over the steak. Be sure to cover all sides of the steak. \*\*\*this is best to let marinate for at least 2 hours or overnight\*\*\**
5. *Set the steaks evenly into your baking dish. Cover steak with the sliced onions. YUM!*
6. *Bake for 15-20 minutes and turn meat.*
7. *Bake for another 10-15 minutes or until temperature reaches 145°F.*
8. *Let cool for 5 minutes and SERVE!*

**Stewed Black Soy Beans & Cauliflower Rice /**  
**HABICHUELAS GUISADA & CAULI-RICE—makes**  
**8 servings—**

**—Ingredients—**

- 1 - 15 ounce can— Black soy beans, drained
- 3 ounces — Peeled and cut red radishes (optional— you can also use pumpkin)
- 2 ounces — diced ham (optional)
- 2 teaspoons — oregano
- 1 teaspoon — pink Himalayan salt
- 1/2 teaspoon — black pepper
- 1/2 packet — sazón
- 1 Tbsp — Tomato sauce
- 1 Tbsp — sofrito (if you would like my recipe send me an email or leave a comment on my video)
- 1 Cup -Water

**—Instructions—**

1. Peel the radishes and cut into quarters as best as you can.
2. Boil the radishes until fork tender, almost mushy.
3. Drain them and set them aside.
4. In a small pot boil the ham and water on medium-high heat.
5. Once this is boiling add the spices and bring to a boil again.
6. Add the black soy beans and cup of water. Bring this to a boil.
7. Add the radishes back in, reduce the heat to a medium-low heat. Boil 5 minutes and you are you done.
8. Remove from heat.

## **Cauliflower Rice—makes 8 servings—**

### **—Ingredients—**

- 3 ounces — of Tosino / Pork Back fat — diced
- 1/4 cup water
- 1 Tbsp — Coconut oil / olive oil
- 12 ounce bag — cauliflower rice

### **—Instructions—**

1. In a pan, sauté the pork fat with water until crispy. As much as you can without burning it. If you have to add more water feel free to do so. The idea is to cook the back fat until it turns a light brown color.
2. Add Coconut / Olive oil to pan.
3. Add the Cauli-rice.
4. Stir and cook until rice is tender and then remove from heat.