FOOD BANK
OF NORTHEAST GEORGIA

SOBREBARRIGA GUISADA CON REPOLLO (COLOMBIA)

Ingredients



- **2 lbs** flank steak or brisket
- **3 cups** cabbage, chopped
- **1** onion, diced
- **3** cloves garlic
- **2** tomatoes diced
- **2** carrots sliced
- **2** potatoes cubed
- **1 tsp** cumin
- **1 tsp** paprika or achiote
- **3 cups** beef broth
- **cilantro** for garnish

Instructions

1. **Sear beef**
   a. Season beef and brown in a heavy pot.
2. **Build flavor**
   a. Add onion, garlic, tomatoes and spices.
3. **Braise**
   a. Add broth and simmer covered 60–90 minutes.
4. **Add vegetables**
   a. Add potatoes and carrots halfway through.
5. **Finish with cabbage**
   a. Add cabbage in final 15 minutes.
6. **Slice and serve**
   a. Slice beef and ladle vegetables and broth over top.