



## Shredded Beef Arepa

GLUTEN FREE

### Ingredients:

#### For the Arepas:

- 2 cups of **Juana®** corn meal
- 2 1/4 cups of water
- 1 tablespoon of salt

#### For the Filling:

- 14.1 oz of flank steak, cooked and shredded
- 7 oz of cheese, shredded
- 1 red bell pepper, chopped
- 1/2 cup of onion, chopped
- 1 tomato, chopped
- 1 teaspoon of Worcestershire sauce
- 1 teaspoon of cumin
- 2 tablespoons of oil
- Salt

### Preparation:

#### For the Arepa:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add **Juana®** corn meal while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches in diameter and 1 inch thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.

#### For the Filling:

1. In a skillet over medium heat, add the oil and sauté the onion and red bell pepper.
2. Add the tomato and cook thoroughly. Incorporate the shredded beef and season with Worcestershire sauce, cumin, and salt to taste.
3. Slice the arepas horizontally halfway through and fill them with the meat mixture and grated cheese.

Makes: 10 servings