



Beef Marabella



INSTRUCTIONS

- Marinate meat by adding capers, olives, red wine vinegar, garlic, olive oil, dried oregano, parsley, bay leaf, and red pepper flakes, brown sugar, and prunes.
- Bring marinade to a boil, and cool down before adding to meat.
- Let meat refrigerate overnight.
- Cook for 2 hours at 350 degrees F.

SHOPPING LIST

- 1 qt white wine
- 1 1/2 cup brown sugar
- 1/2 cup red wine vinegar
- 1/2 cup olive oil 1 cup Spanish olives
- 1/2 cup capers
- 1 cup figs
- 1/4 cup dried oregano
- 1/4 cup garlic
- 1/2 bunch parsley
- 5 bay leaves