



Peppers and Steak

INGREDIENTS:

6 oz. yellow bell peppers, diced
6 oz. green bell peppers, diced
6 oz. red bell peppers, diced
2 oz. white onion, chopped
6 oz. sirloin steak, cut into small pieces
2 oz. beef stock
3 garlic cloves, minced
2 oz. cilantro, chopped finely
2 oz. Canola oil
2 oz. extra virgin olive oil
Red pepper flakes

DIRECTIONS:

Season meat with generous amounts of salt and pepper
Heat Canola oil in a saute pan, then add steak and garlic
Stir until meat is seared on all sides, then add beef stock
When liquid has reduced completely, remove steak from pan and set aside
Degrease pan
Heat extra virgin olive oil in pan, then add bell peppers and onions
Saute 5-6 minutes, until the peppers are tender
Return steak to pan, along with the cilantro

Stir to combine, cook another 2-3 minutes, then serve

