

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

