

Pepper Steak

1½ inner round steak, approximately ¼ inch thick, and cut into narrow strips (½ to ¾ inch wide)

4 cups of onions cut into 1 inch dice

6 cups of assorted colors of peppers (I used red, orange and yellow) cut into 1 inch dice

olive oil

salt (~½ teaspoon)

pepper (~¼ teaspoon)

rosemary (~1/8 teaspoon)

paprika (~½ teaspoon)

chili powder (~½ teaspoon)

ground red pepper (~¼ teaspoon)

cinnamon (~½ teaspoon)

achiote oil

28 oz. can whole tomatoes in sauce

Brown steak in small batches in a 4 - 5 quart dutch oven, leaving sufficient room between pieces so that steak browns rather than steams. While browning, season steak with salt, pepper, rosemary, paprika, chili powder, and ground red pepper to taste. Remove steak from pan and hold in covered bowl or dish.

After removing steak, add achiote oil to the dutch oven and brown the onions in the dutch oven (all at once). While browning, season with cinnamon to taste. After onions have carmelized, remove onions from pan and hold in covered bowl or dish.

After removing onions, brown the peppers in the dutch oven (all at once). When peppers have begun to soften, return onions and steak to the dutch oven . Also add any steak juices that have collected in the bowl. Add the can of tomatoes and sauce. Mix well and allow to simmer to blend flavors. Adjust seasonings to taste. Serve over brown rice or pasta.