



♦ Barbecue Beef with Onions ♦

368
CALORIES

12g
FAT


1
SERVINGS

INGREDIENTS

1 1/2 tsp	Dr. Sears' Zone Extra Vrgin Olive Oil - divided	1/8 tsp	Oregano
3 oz	Beef, eye of round	1 cup	Onion - in half rings
1/2 cup	Tomato puree	1 clove	Garlic - minced
1 tsp	Worcestershire sauce	1 cup	Mushrooms
1/3 tsp	Cider vinegar	2 tsps	Kitchen Basics unsalted vegetable stock
1/3 tsp	Chili powder	2 tsp	White wine vinegar
1/8 tsp	Cumin	1 cup	Snow peas

Barbecue Beef with Onions: Instructions

1. In skillet add 1/2 tsp oil and beef. Cook beef until no longer pink. Add puree, Worcestershire sauce, cider vinegar, chili powder, cumin and oregano. Cover and simmer 5 minutes until sauce forms.
2. In another skillet add remaining oil, onion, and garlic and cook until onion is tender.
3. Add onion, garlic, mushrooms, beef stock, and white wine vinegar to beef. Cover and cook 8 minutes.
4. Add snow peas after 5 minutes.
5. Add basil and garlic about 15 minutes before the end of cooking time.
5. Stir to blend flavors.