

# Pepper Beef Skillet

## With Cilantro Mint Garlic Yogurt Sauce

Camine Pappas / Serves 4 / May 2021

### INGREDIENTS FOR BEEF:

3/4 lb sirloin strips for stir fry  
1 large russet, washed and cubed  
1 yellow pepper cut into large chunks  
½ green pepper cut into large chunks  
1/3 white onion sliced  
2 cloves garlic, chopped  
2 beef bouillon cubes dissolved in 3 C boiling water  
2 t dried oregano, crushed finely  
1 t fresh rosemary, finely chopped  
1 t fresh thyme leaves  
1 ½ t kosher salt  
1 t black pepper  
2 T olive oil  
2 T Corn starch roux + 3 T water, to thicken

### YOGURT SAUCE:

Combine, in small food chopper, 1 large handful of fresh cilantro, about 5 – 6 large mint leaves, one very large garlic clove sliced in quarters, 2-3 T olive oil, ½ t kosher salt, ¼ t black pepper. Combine until blended into very small chunks. Removed and stir into the yogurt. Serve.



### METHOD:

Heat a large saucepan to high and add the oil until shimmering. Add the beef, the peppers, and onion and stir fry until all the red is gone in meat, and the onions are softened, about 4 minutes. Turn heat to medium high and add the garlic. Stir and cook just until fragrant, about 30 seconds. Add the oregano, fresh rosemary, fresh thyme, salt, and pepper. Stir to combine. Add just 3 C of the bouillon liquid, reserving the last cup to cook the potatoes. Let come to a simmer. Cover and let cook on low, making sure it is just a low bubble, for about 70 to 90 minutes. **See below for when to start potatoes\***. After time is up (you can check at about an hour and 10 minutes and if meat isn't tender cook another 15), remove lid, taste. Add salt if needed. Add the corn starch roux and combine until thickened into a luscious gravy. Serve over the potatoes with a dollop of the yogurt sauce on top!

\*While beef is cooking and has about 10 minutes to go, cover the potato pieces with the remaining beef bouillon liquid and then add water to cover. Boil until soft, about 6-7 minutes. Drain, and place potato piece on bottom of plate. Sprinkle with just a little kosher salt. Not much...the gravy will have all the seasoning you need. Ladle beef mixture over top.

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