



southwestern beef stew

1 tbs vegetable oil
1 lb sirloin strip steak(s) cut into bite sized pieces (you can use stew meat too)
salt
4 ripe medium tomatoes, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
2 jalapeño peppers, minced
1 white onion, finely diced
2 cloves of garlic, mined
1 14 oz. can of beef broth
1 medium zucchini, halved and sliced
1/4 cup cilantro, chopped (or more, depending on your taste)
1-1/2 tsp cayenne pepper
2 tbs cornstarch
1/4 cup water

1. heat the oil in a dutch oven on medium high. add in the meat and stir fry until lightly browned. remove from pot and salt to taste. set aside.
2. add tomatoes, peppers, onion, garlic and beef broth to pot. bring to a boil. reduce heat to low and cover. let cook about 20 minutes.
3. stir in zucchini, cilantro and cayenne pepper. add back in steak. let cook about 10 minutes.
4. prepare cornstarch by dissolving it in water. add to pot. cook and stir until thickened, and if needed bring heat up to medium high to thicken.

makes about 6 servings. enjoy! =)

<http://www.oncupcakemoon.com/recipes/southwesternbeefstew.pdf>