

# Beef in Green Sauce

**Connie Romani**  
**Peru**

**Serves: 4 people**

**Yield: 8 cups**

**Time: 45 minutes**

## Ingredients

1 pound of beef meat (grass fed if possible),  
diced into bite size 1-inch cubes  
1 large yellow onion, diced  
1 green bell pepper, diced  
3 cloves of garlic, minced  
6 red potatoes, cubed  
1/2 bunch of cilantro, rinsed and chopped  
1 cup of vegetable stock (see page 64)  
1/2 teaspoon of sea salt  
Black pepper to taste

## Directions

- ✦ Preheat oven to 375° Fahrenheit.
- ✦ Season the meat with salt and black pepper.
- ✦ Place the meat, onion, green pepper and garlic in a large oven-proof dish. Cook in the oven for about 20 minutes covered with aluminum foil.
- ✦ Add the potatoes, cilantro and vegetable stock and cook, covered for another 15 minutes or until potatoes are tender and meat is thoroughly cooked.

## Did You Know?

Grass fed meat is higher in “good” fats, lower in “bad” fats and lower in fats overall, making it lower in calories. Compared with other meat, it also contains more antioxidant vitamins.

Grass fed meat costs more but because we decreased the amount of meat in this recipe and increased the vegetables, the total cost is similar and portions are within daily needs.

