

Mexican Beef

Printed from Beef Recipes at <http://www.beefrecipes.us/>

A Mexican-inspired rice and bean dish is jazzed up with tender sauteed beef. Chunks of beef are simmered with stir-fried vegetables before being served over a bed of white rice, black beans, and mozzarella cheese. Top with hot sauce and guacamole for a gourmet yet easy meal and serve with tortilla chips.

Ingredients:

1 lb beef tenderloin, cut into 1-inch strips
1 large zucchini, diced
1 large onion, chopped
1 green pepper, diced
2 large tomato, chopped
1/2 c. red wine
1 Tbsp chili sauce
1 clove garlic, minced
salt and pepper to taste
1 c. mozzarella, grated
1 (8 oz) can black beans, drained and heated.
4 c. cooked white rice

Directions:

1. In large saucepan brown meat on all sides. When browned, remove from pan and set aside.
2. In pan stir fry zucchini, onion, and pepper until tender but still crisp. Add tomato, wine, chili sauce and beef. Simmer until liquid has reduced and beef is cooked through.
3. In bowl assemble rice, black beans, beef, and mozzarella cheese. Serve immediately.

Author: Catherine Herzog