

GF Friendly

Mexican Beef

Beef strips in a hot and spicy Mexican-style sauce

I wanted to try this dish and searched for an original recipe to no avail; so I made it up as I went along. Mine was a bit hot, but I did use a heaped teaspoon of chilli, which is why I suggest a level teaspoon. It's your choice of course. Before you go for the really hot one, though, I advise taking it easy to start with, adding more chilli **after** a taste test.

- 300g beef strips
- 1 tsp beef stock powder in 1 cup of water
- ½ onion, coarsely chopped
- 1 cup coarsely-chopped mushrooms
- 200g (½ can) diced tomatoes
- 1 **level** tsp chilli powder
- ½ tsp cumin seeds, or powdered
- 1 tsp crushed garlic
- 1 tsp sugar
- 1 Tbsp flour
- 1 Tbsp olive oil, or other
- salt and pepper to taste (optional)



Braise the beef beforehand in a separate pan with the stock powder and water for 25 minutes to tenderise.

Warm the oil in a wok or frying pan; then add the garlic, chilli and cumin. Once sizzling, pop in the onion and mushrooms and stir-fry for 5 minutes. Remove the beef strips from the stock with a strainer spoon, mix with the onion and mushrooms, sprinkle on the flour and toss to coat; then pour in the stock and stir over the heat until thickened.

Put in the tomatoes and sugar, stir until just boiling; then turn down to simmer covered for about 20 minutes, stirring occasionally.

Keep an eye out to make sure it doesn't dry out, adding more water if necessary. Mine was a bit watery for my liking; so I carried on simmering with the lid off to reduce to a thicker consistency. Once again, the choice is yours.

Serves 2 with rice and vegetables; or whatever you prefer okay to freeze

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