

Grilled Pepper Steak

Makes 8 Servings

Ingredients

2-3 bell peppers of varying colors, cut in thin strips
2 Vidalia onions, cut in thin strips
2 cloves garlic, minced
1 tsp seasoned salt ([see homemade recipe here](#)) or sea salt
½ tsp black pepper
1 tsp extra virgin olive oil or vegetable cooking spray
2 lbs grass-fed beef (or pastured chicken breast),
shaved or sliced in thin strips
¼ cup flat leaf parsley, chopped



Directions

1. Spread heavy duty aluminum foil across clean grill grate.
2. Spray foil with vegetable cooking spray or brush with extra virgin olive oil.
3. Pre-heat grill to Medium setting.
4. Spread sliced peppers, onions and garlic evenly across foil. Sprinkle with ½ tsp seasoned salt.
5. Using tongs, toss veggies occasionally as they cook until onions are clear and peppers are a tender crunch.
6. Remove the veggies and transfer to a plate.
7. Add beef or chicken to the foil. Sprinkle with the remaining ½ tsp seasoned salt and black pepper.
8. Allow meat to brown on one side for about 5 minutes then toss and cook on the second side about 5 additional minutes.
9. Add veggies to the meat and toss to blend. Allow the meat and veggie mixture to cook an additional few minutes to your desired doneness.
10. Remove from the grill. Garnish with chopped parsley. Serve.

Cook's Note: If you prefer some heat, add your favorite hot sauce during cooking or when serving.

Serving Suggestions:

- For lunch, serve grilled pepper steak with a tossed salad and chilled, fresh summer fruit.
- For a quick dinner, served grilled pepper steak with brown rice, wild rice or quinoa or serve in a warm whole wheat tortilla. Compliment the plate with chilled summer fruit and a tossed salad.