

Decision Day 1 (Dinner)

Beef Sauté with Brown Rice and Vegetables (serves 4)

4 5 oz. filet mignon (or other lean cut of beef) sliced in bite size pieces
2 Tablespoons olive oil
1 Cup cooked brown rice blend
1 T chopped shallot
2 1/2 cups chicken stock
1 tsp. chopped thyme
1 Tablespoon chopped parsley
1 Cup sliced carrot
1 Cup sliced snow peas
3 pieces scallion chopped
1 tomato chopped
S and P to taste

1. Slice raw steak into bite size pieces and season with salt and pepper.
2. In small sauce pan over medium heat add 1 tsp. olive oil and cook shallots for 2-3 minutes
3. Add rice and stir for 3-4 minutes.
4. Add stock or water and reduce heat so rice is at simmer. Cook covered until tender (45-50 minutes).
5. Add thyme and parsley, TASTE and set aside.
6. In a sauté pan over high heat, add olive oil, then seasoned beef and sauté for 2 minutes.
7. Add carrots and snow peas and continue to cook for 2-3 minutes. Add scallion and fresh tomatoes and TASTE..
8. Serve steak and vegetable sauté over the top of the prepared rice.