



Food image courtesy of diabetictlivingonline.com

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- 1/8 teaspoon cayenne pepper
- ¼ kg boneless beef steak, trimmed and cut into very thin bite-size strips
- 2 teaspoons vegetable oil
- 2 medium yellow or green sweet peppers, cut into thin bite-size strips
- 3 tomatoes diced
- 2 tablespoons chilli powder
- 1 medium onion, halved and thinly sliced
- 1 ½ cups beef stock
- ¼ cup light sour cream (optional)
- ½ teaspoon finely shredded lime peel (optional)
- ½ of an avocado, seeded, peeled and chopped (optional)
- ¼ cup fresh cilantro (dhania) - (optional)



Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. In a medium bowl combine garlic powder, chilli powder cumin, paprika and cayenne pepper. Add steak strips and toss to coat. Heat a deep skillet over medium - high heat (by slightly closing the *SuperSaver* air regulator).
3. Add half of the steak strips. Cook for 2 to 4 minutes or until browned, stirring occasionally. Remove meat from the pan and repeat with remaining steak strips. Set it aside.
4. Add the oil to another pan. Add sweet peppers and onion. Cook over medium heat for 5 minutes or until lightly browned and just tender, stirring occasionally. Add stock and tomatoes. Bring to a boil. Stir in steak strips and heat through.
5. To serve, pour the soup into bowls. If desired, serve with a dollop of cream and sprinkle with lime peel. Top with avocado and dhania.
6. Serve with rice and see your family enjoy and want more!

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