

## Sirloin Strips over Rice

By: Dottie Baltz

Makes 6 Servings

- ~ 1-1/2 sirloin (cut into strips)
- ~ 1 teaspoon salt
- ~ 1/4 teaspoon black pepper
- ~ 2 teaspoon olive oil, divided
- ~ 2 medium onions, sliced thin
- ~ 1 garlic clove, minced
- ~ 1 can diced tomatoes
- ~ 1/2 cup beef broth + 1/3 cup
- ~ bay leaf
- ~ 1/2 teaspoon basil
- ~ 1/2 teaspoon thyme
- ~ 3 cups cooked rice

---

Season beef with the salt and pepper. Saute beef in 1 teaspoon of oil. Remove from pan and keep warm. In the same pan, sauté onions and garlic in the remaining oil. Stir in the tomatoes, broth, bay leaf, basil and thyme. Bring to a boil, reduce heat and simmer for 10 minutes.

Return beef to pan and cook for 2-4 minutes or until beef is tender.

Discard bay leaf and serve over rice.

1 serving = 2/3 cup meat mixture and 1/2 cup cooked rice.