



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Skillet-Roasted Strip Steaks with Pebre Sauce and Avocado

- 1/2 Cup onion, sweet, such as Vidalia and Walla Walla, finely chopped
- 1 Large tomato, seeded and diced
- 1/3 Cup cilantro, fresh, chopped
- 2 Tbsp peppers, jalapeno, or serrano, minced
- 2 Tbsp vinegar, red wine, or cider vinegar
- 1 Clove garlic, minced
- 1/4 Tsp salt, Kosher
- 3/4 Tsp paprika
- 3/4 Tsp cumin, ground
- 3/4 Tsp oregano, dried
- 3/4 Tsp salt, Kosher, divided
- 1/2 Tsp pepper, black ground
- 20 Ounces beef, top loin steak, New York strip, two 8-10 ounce steaks, trimmed
- 2 Tsp oil, canola
- 2 Medium avocado, pitted and peeled

To prepare Pebre Sauce:

- 1) Place onion in a medium bowl, cover with ice water and let soak for 10 to 20 minutes. Drain.
- 2) Combine the onion, tomato, cilantro, jalapeño (or serrano), vinegar, garlic and 1/4 teaspoon salt in a medium bowl.
- 3) Preheat oven to 325°F.

To prepare steak:

- 1) Mix paprika, cumin, oregano, 1/2 teaspoon salt and pepper in a small bowl. Rub the spice mixture evenly over both sides of steaks.
- 2) Heat oil in a large ovenproof skillet, such as cast iron, over medium-high. Add the steaks and cook just until browned, 1 to 2 minutes per side. Transfer the pan to the oven and roast the steaks 5 to 7 minutes for medium-rare, depending on thickness. Transfer to a clean cutting board. Tent with foil and let rest for 5 minutes.
- 3) Meanwhile, mash avocados with the remaining 1/4 teaspoon salt in a small bowl.
- 4) Carve the steak into thin slices. Serve with the avocado and Pebre Sauce.

Makes 4 Servings

