

Steak with sauteed Bell Peppers & Leek

Ingredients to serve 4:

- 4 Rib-Eye Steaks (or personal preference), approx. 1" - 1-1/4" thick
- Red and green Bell Peppers, 3 ea., cut into strips
- 1 Leek, cut into fine rings (1/8" wide)
- 2 tbsp. Olive Oil
- 3 tbsp. Soy Sauce
- Lime juice

Serve with fresh French Bread or Baked Potato

Pre-heat Cook-N-Dine to 3. When yellow light is off, set temperature to 10.

When reached (yellow light off) wipe the cooking center with a little olive oil and sear steaks 3-4 minutes from each side until nicely browned.

Lower temperature to 8 and fry meat to almost desired doneness (approximately 4-5 more minutes from each side for a perfect medium).

Place steaks into the warming area, season and let them rest.

Lower temperature to 6, wipe cooking center again with a little oil and sautee the prepared vegetables until done (~4-5 minutes). If necessary add small amount of water to moisten.

Switch Cook-N-Dine off.

Season vegetables with a little lime juice and soy sauce and serve with your steaks.