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### **Carrie's Fire-Roasted Beef Cacciatore**

- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1 lb. beef roast, sliced into thin strips or small cubes
- 2 Tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 large green bell pepper, sliced
- 1-2 cups small carrots, julienned
- 1 small head broccoli florets
- 1 (14.5 oz.) can fire-roasted diced tomatoes
- 1/2 tsp. each dried oregano, parsley, and basil
- 1/2 cup - 3/4 cup white or red wine
- Parmesan cheese, freshly grated (optional)



#### Directions:

1. Steam carrots and broccoli with 1/2 cup water for 5 minutes (or until fork tender) in the microwave or on the stove top. Set aside.
2. Saute beef in hot olive oil until cooked to your liking. Remove from skillet.
2. Add onion, garlic, bell pepper (I used both orange and green peppers) and saute until onions are transparent. Return the chicken to the skillet.
3. Add white or red wine to deglaze the pan. Add tomatoes, carrots, broccoli, and spices. Cover and simmer for 35 minutes on medium-low heat. Correct seasonings.
4. Serve immediately over gluten free pasta or brown rice. Sprinkle parmesan cheese on just before serving if desired.

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