

Black Skillet Beef with Greens and Red Potatoes

Makes: 6 servings

Ingredients

1 pound beef (top round)
1 tablespoon paprika
1 1/2 teaspoons oregano
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/8 teaspoon red pepper
1/8 teaspoon mustard (dry)
8 potatoes (red-skinned, halved)
3 cups onion (finely chopped)
2 cups beef broth
2 garlic clove (large, minced)
2 carrots (large, peeled, cut into very thin 2 1/2-inch strips)
2 kale (bunches)
Non-stick cooking spray

Directions

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet nonstick cooking spray. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

Roasted Herb Potatoes

Makes: 6 servings

Ingredients

Vegetable cooking spray
1 pound potatoes (3 medium or 3 cups cubed)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt

Directions

1. Preheat the oven to 450 degrees.
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes.
4. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.