



Steak, Onions & Peppers Sandwich

1 pound Flank steak – cut into thin strips against the grain
1 tsp. dried thyme
2 tsp. garlic powder
1 large white onion – sliced
1 large bell pepper – sliced
½ TBS Worcestershire sauce
4 rolls – preferably Baguette style
Butter/ Olive oil
Salt & Pepper

Season your steak with thyme, garlic powder salt and pepper. Mix it well and let it sit at room temperature for a little bit.

Melt 2 TBS butter in a skillet. Add some olive oil. Add the onions and cook, stirring occasionally, until starting to caramelize – about 25 minutes. Add the peppers and mix. Season with salt & pepper. Cook for another 10 minutes – until onion is completely amber and peppers are softened. Remove from pan and set aside.

Butter some rolls and toast in the oven.

Place the meat in the pan. Add a little olive oil and the Worcestershire sauce. Mix and cook for about 7 minutes. Return the vegetables to the pan. Mix and heat through. Serve meat on the toasted rolls. Enjoy!