



A Recipe from



DR. SINATRA'S
EASY BEEF SAUTÉ WITH FRESH HERBS

Eating beef occasionally, especially when it's grass fed, gives you from two to six times more omega-3's than factory-farmed beef and is only surpassed by the vegetables you add to the dish. This one has got your heart health covered. Enjoy!

- 2 tablespoons (28 ml) extra-virgin [olive oil](#)
- 2 cloves garlic, minced
- 1 medium onion, minced
- 1 small chile pepper, minced
- 4 to 6 ounces (115 to 170 g) lean grass-fed beef, chopped into 1 to 2 inch (2.5 to 5 cm) cubes
- 1 cup (120 g) sliced zucchini
- 3 large carrots, sliced
- 8 cremini or shiitake [mushrooms](#), sliced
- 1 large green bell pepper, chopped
- 1-2 cups broccoli florets (optional)
- 2 tablespoons (28 ml) tamari
- ½ teaspoon each salt, Celtic or sea, and black pepper
- 2 tablespoons (8 g) chopped fresh parsley

In a skillet over medium-high heat, add the oil and sauté the [garlic, onion](#), and chile pepper until softened, about 5 minutes. Add the beef and cook until tender, about 3 to 5 minutes. Add the remaining ingredients except the parsley. Cook, stirring often, until the vegetables are crisp and tender, about 2 to 3 minutes. Add the fresh parsley at the end. Serve immediately.

Yield: 2 servings

Note: Grass-fed beef contains conjugated linoleic acid (CLA) and the [antioxidant](#) vitamin E, both of which support a healthy cardiovascular system. Factory-farmed beef contains significantly lower amounts of these nutrients.

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