

## STEAK WITH PEPPERS & MUSHROOMS

### INGREDIENTS

- 3 medium peppers/capsicums (red, orange, & green)**
- 2 medium Portobello/Swiss Mushrooms**
- 1 Tbsp unsalted butter** (more or less)
- 1 clove of garlic; or 4 shakes of garlic powder**
- ½ cup of pure revitalized or spring water**
- 1 lb/½k of beef skirt or bison steak, cut into strips**
- 1 tsp of Celtic seasalt** (adjust to taste)

### DIRECTIONS:

**Wash the peppers well. Cut into sections along the ridges and remove the stems and seeds. Cut thin slices into an iron skillet.**

**Wash the mushrooms well and cleanse the tops with a natural bristle brush. Trim the lose edges and stems and slice into the skillet.**

**Add ¼cup of water with the butter and garlic to the peppers and sauté on medium-high heat until slightly tender. Do not burn or blacken. Add water as needed to avoid drying out. Cover to let steam naturally for 1 minute.**

**Wash and cut the meat into thick strips, add into the skillet with the remaining water, and sauté until medium rare.**

**Stir the ingredients, salt to taste and serve in two plates**

ENJOY this delicious dish with steamed broccolini, black/adzuki bean spaghetti, and/or the Garden Salad.

### Serves 2

**Use organic ingredients and 100% pasture/grass-fed meat**

**Suitable for O & B blood types**

**Bison** (*Bison bison*) and buffalo are from the same Bovidae family. Bison are native to North and South America and Europe, while the other buffalo species - Cape Buffalo (*Syncerus caffer*) are native to Africa and Water Buffalo (*Bubalus bubalis*) are native Asia.

Bison were prized as an essential part of the Native American diet, but reduced in numbers by early settlers. Due to restoration of their native grazing land, smart management and breeding efforts, bison are thriving today. Purchasing bison meat helps to continue the ranching tradition that has been a way of life in the Mountain West for hundreds of years. Most bison is 100% grass fed. It is much lower in fat, higher in protein, and richer in iron than beef. It also has higher levels of vitamins and minerals and twice as much beta-carotene than grain-fed meats. It is also a good source of omega 3 EFAs, including CLA (conjugated linoleic acid). While the taste and cooking procedures are similar to beef, bison is slightly lighter and sweeter. It also cooks faster because of its lower fat content and therefore doesn't shrink as much.

The Jackson Hole Meat Co's. site provides excellent bison facts and tips for cooking and purchasing bison: <http://www.jhbuffalomeat.com/why-buffalo/how-do-i-cook-buffalo-meat/>  
The benefits and tips noted below for beef also apply to bison.

Cows were first domesticated in the regions of Eastern Mediterranean around the Tigris and Euphrates Rivers (Mesopotamia) as early as 7000-8000 BC.

In 1493, Columbus brought cattle on his second voyage to North America. From there they were expanded into the colonies (Jamestown by 1611) and owned by European colonists throughout the 17th century.

**Beef** is the flesh of animals derived from the *Bovidae* family of animals; specifically to the genus called *Bos*. This includes *Bos Taurus* and *Bos indicus*.

The four types of beef in today's market place are:

Cow Beef: from mature female who had already calved at least once.

Heifer Beef: from mature female who had never calved.

Steer Beef: from mature male who had been castrated before the ability to reproduce.

Bull Beef: from mature uncastrated male who was old enough to reproduce.

Uncommon Stag Beef comes from a mature male who had been castrated after the ability to reproduce.

There are over 800 different breeds of beef cows. The most common are Angus, Aberdeen Angus, Beefmaster, Brahman (Zebu), Hereford, Whiteface), Jersey, Santa Gertrudis, Shorthorn, and Texas Longhorn.

The leanest cuts are taken from the back leg bone called round bone and include eye of round, top round, bottom round, strip, and flank steak.

The fattiest cuts come from the underbelly and include rib, ribeye, spare ribs, and brisket.

Producers of grass-fed beef are not required to comply with the USDA standards, unless they display the USDA grass-fed shield on their product. To qualify, for the shield, producers of grass-fed beef only need to make continuous access to pasture available during the growing season (between the final frost and subsequent first frost). This guideline also allows for cows to be confined the rest of the year and can also consume corn, wheat, and other grains that are foraged and/or harvested for silage in their vegetative state (before reaching mature seed stage).

The AGA (American Grassfed Assoc. and the AFA (American Food alliance), which offer alternative certification for grass-fed beef, have stricter requirements and higher standards. e.g. confinement not to exceed 30 days per year. Safety and Inspection Services (FSIS) of the USDA allows beef producers who have qualified for the AGA/AFA labels to display the USDA shield. For higher quality beef, look for their labels.

**Organic 100% Grass-fed beef** goes beyond organic, pasture raised, or just grass-fed beef. It ensure that the cows spent a most of their time outdoors in a pasture, feeding on grass in a natural lifestyle. This type of beef has higher nutrient quality and is not contaminated from feed. Look for meat from local farms with small flocks. [www.eatwild.com](http://www.eatwild.com) and [www.localharvest.org](http://www.localharvest.org)

Grass-feeding cows does a better job of increasing their antioxidant capacity, including stronger performance of enzymes like superoxide dismutase, than supplying them with antioxidant supplements.

100% Grass-fed beef contains larger amounts of carotenoids, such as beta-carotene, lutein, vitamin E, and two to three times greater CLA (Conjugated linoleic acid) than conventional beef. CLA is associated with immune and anti-inflammatory system support, improved bone mass, blood sugar regulation, reduced body fat, and maintenance of lean body mass. The vaccenic fatty acid from grass-fed beef can be converted into CLA adding to its benefit. The omega-3 content varies widely depending on the variety of forage crops in pastures. Most comes on the form of ALA (alpha-linolenic acid) with moderate amounts of EPA and DHA.

It is also a rich source of protein, vitamins B12, 3, 6, selenium, zinc, potassium, phosphorus, and a moderate source of choline, pantothenic acid and iron.

The yellowish color of fat in the grass-fed beef determines the extent to which the animals have been pasture-fed. It also has 22-39% less cholesterol.

Check the 'sell-by-date' when selecting meat. Fresh meat should be red or purplish color; not brown. The brown color indicates the meat has been exposed to oxygen and is spoiled. When possible, select certified organic, 100% grass-fed beef, which is much less likely to contain pesticides, antibiotics, or hormones residues. It is also illegal to certify organic beef that has been GM or irradiated.

When shopping, purchase raw meats last and keep them separate from other items to avoid contamination. Also, do not keep raw meat out of the fridge or ice chest more than an hour. When home, immediately put it into the fridge or freezer.

Wrap all met tightly with paper and/or plastic when stored. Ground beef will only keep in the fridge for about one to two days and in the freezer for two to three months. Steaks will keep in the fridge for two to three days, and in the freezer for up to six months. Roast will keep in the fridge for three to four days and in the freezer for up to 6 months.

Native to Mexico and other Central American regions, the **red bell pepper/capsicum** has been cultivated for more than 9000 years. China is the largest producer followed by Mexico and the United States.

The red bell pepper is rich in anti-inflammatory and antioxidant phytonutrients such as carotenoid and lycopene, minerals, and fiber. Its carotenoids lutein and zeaxanthin are found in high concentrations in the macula of the eye and protect the macula from oxygen-related damage. The red bell pepper is also a good source of vitamins C, A, B, K, folate, and flavonoids/bioflavonoids/vitamin P, making it beneficial for the heart and skin. The white inner cavity is rich in flavonoids. In addition, the red bell pepper/capsicum contains the alkaloid compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. They can be eaten raw or cooked. Paprika is the dried powdered from of the red bell pepper.

Select deep red peppers that taut, heavy, and firm. Store ripe peppers in the refrigerator and wash with cold water to retain their antioxidant capacity.

**The Portobello/Swiss mushroom** is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*-food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.