

Spicy beef with greens

Makes 6 servings

1 lb top round beef
2 tsp chili powder
1 tsp each garlic powder & black pepper
1/2 tsp each cayenne & dry mustard
8 new potatoes, halved
3 c chopped onion
1/4 c chopped fresh oregano
2 c beef broth
2 cloves garlic, minced
2 large carrots, cut into matchsticks
2 bunches mustard, kale or turnip greens, washed and stems removed

1. Slice beef across grain into 1/8-inch thick strips. (Have butcher do it, or work with meat partially frozen.)
2. Combine chili powder, garlic powder, black pepper, cayenne, and mustard. Dredge beef strips in mixture.
3. Coat heavy skillet with nonstick spray coating, and place over high heat. Add meat; cook, stirring, 5 minutes.
4. Add potatoes, onion, oregano, broth, and garlic. Cook, covered, over medium heat 20 minutes. Stir occasionally.
5. Stir in carrots, and lay mustard greens on top. Cook, covered, until carrots are tender, about 15 minutes. Serve with hearty bread