

Country Boy Stir Fry Beef Bowl

By Bobby James

My wife didn't feel like cookin' and she had thawed out 2 pounds of hamburger, which usually means we havin' Tacos. Okay, so I didn't want to make tacos because, to be honest, I am challenged when it comes to frying up the shells. They always end up looking like some kind of mutant something or other.

So I came up with a plan, and Thankfully it worked out Great! Give it a Try!

Ingredients:

1 Yellow Bell pepper Chopped
1 Orange bell Pepper Chopped
1 medium sized Red Onion Chopped
2 Anaheim Chili Peppers Chopped
2 pounds 80/20 hamburger
1 can tomato sauce
1 can tomato soup
Splash of whipping cream
Garlic Powder
Sage
Salt
Pepper
Cayenne

Instructions:

In a deep skillet, brown the hamburger, seasoning to taste using garlic powder, sage, salt, pepper and a dash of cayenne for a little kick. Be sure it is chopped fine.

In another pan, cover the bottom of the pan with Extra Virgin Olive Oil (I STILL don't get the term "Extra" Virgin). Heat it on high until it gets warm then turn to medium.

Add chopped peppers and onion.

Sauté until semi-soft

Drain using a colander

When your hamburger is done, drain using a colander

Give it a quick rinse using hot water. Be careful not to rinse too long, just a quick "Drive by" will do.

Mix tomato sauce, tomato soup and whipping cream in a bowl

In your skillet, mix hamburger, sauce and peppers

Put in the oven and heat at 300° for 10 minutes

Scoop it into your bowl and Enjoy!

Serves 4 Normal people or 2 Hungry people! :)

Pair with Our Terroir 2010 L'Ouverture, which you can find by clicking the shop app at:

<http://facebook.com/redneckwino>