

# Mood Beef

Servings : 6

Amount	Measure	Ingredient - Preparation Method
1/4	cup	olive oil
1 1/2	pounds	beef round steak - cut into thin strips
1 1/4	teaspoons	salt
1/4	teaspoon	ground black pepper
1	large	onion - thinly sliced
2		green pepper - cut into thin strips
6	cloves	garlic - minced
6	tablespoons	tomato paste
35	ounces	canned Italian plum tomatoes - crushed by hand with juice
1 1/2	cups	water
1		bay leaf
1/2	teaspoon	crushed red pepper
1	cup	ditalini
2	tablespoons	parsley leaves - minced

In a Dutch oven or heavy skillet heat the olive oil over high heat. Season the beef with 1/2 teaspoon of the salt and black pepper. Saute the beef, in batches if neccessary so that the pan is not crowded, until well-browned on all sides, about 4 minutes. Transfer the beef to a plate and set aside. Add the onion and green peppers to the skillet and cook, stirring frequently, until softened and carmelized around the edges, about 6 minutes. Add the garlic and cook for 1 minute. Add the tomoato paste and cook for 2 minutes, stirring constantly. Add the tomatoes, water, bay leaf, crushed red pepper and remaining 3/4 tspn salt. Return the beef to the pan and bring the sauce to a boil. Reduce the heat to med-low and cook, partially covered, for 1.5 hours. Add the ditalini to the gravy and cook until tender, about 25 minutes. Add parsley and serve.