

Steak Smothered in Onions and Peppers

Servings : 4

Amount	Measure	Ingredient - Preparation Method
		Spice Rub
1	tablespoon	paprika
1 1/2	teaspoons	salt
1	teaspoon	freshly ground black pepper
1	teaspoon	dried thyme
1	teaspoon	chile powder

3 pounds boneless chuck or top round steak - at least 1.5" thick, trimmed 2 tablespoons olive oil 1/2 cup dry red wine 2 yellow onion - sliced 3 cloves garlic - chopped 3 red bell pepper - sliced

Combine the rub ingredients. Rub the meat all over with the rub. Let stand 15 minutes to 1 hour at room temperature, or refrigerate overnight. Bring to room temp before cooking.

Preheat oven to 350.

In a large Dutch oven, heat the olive oil over med-high heat. Add the meat and brown on all sides, about 7 minutes total. Transfer meat to a platter and set aside.

Add the wine to the pan and deglaze the pan, scraping up any browned bits from the bottom. In a bowl, mix together the onions, garlic, and peppers. Return the meat to the pan. Cover the meat with the onion mixture and cover the pan. Transfer the pan to the oven and cook until the beef is tender, about 1.5 hours.

Using a slotted spoon, transfer the meat to a serving platter and arrange the onion mixture on top. Spoon juices on top.