

# Ranchero Beef Steak

🍴 4 – 6 servings ⌚ 20 minutes

Pay homage to the grill with your favourite Canadian beef steak. The sauce in this recipe goes well with any Grilling or Marinating steak – it's somewhat smoky and spicy and loaded with garden vegetables.



- 1 tbsp (15 mL) canola oil
- 1 cup (250 mL) sweet onion from **Chillago Creek**, cut lengthwise
- 1 ½ cups (375 mL) sliced mushrooms
- 1 sweet bell pepper, sliced
- 3 garlic cloves from **Chillago Creek**, minced
- ½ tsp (2 mL) dried thyme
- 3 tomatoes, diced
- 1 Chipotle pepper in adobe sauce from **Garden of Apologies**, diced. If you can't take the heat, reduce by half.
- 1 cup (250 mL) tomato sauce from **Kellson's**
- 1 cup (250 mL) beer
- 1 lb (0.45 kg) Flank, Top Bison Sirloin from **Northwind Bison**
- Kosher salt and freshly ground pepper

## Instructions

Heat oil in non-stick pan over medium high heat; cook onion, mushrooms, bell pepper, garlic and herbs for 5 minutes or until vegetables start to soften and brown. Add tomatoes and chipotle pepper; cook about 5 minutes or until most of the liquid has evaporated.

Stir in tomato sauce, beer and barbecue sauce; bring to a boil. Reduce heat to medium-low and simmer approximately 15 minutes stirring occasionally or until liquid has reduced to half or third.

Meanwhile, season steak with salt and pepper. Grill over medium high heat approximately 12 minutes, turning at least twice, to medium-rare doneness 145°F(63°C). Let steak rest for 5 minutes. Cut into thin slices, across the grain and serve with the sauce.

Recipe graciously supplied by Canada Beef.