

Lomo Saltado (Peruvian Stir Fry)

Serves 6

The steak and onions in this recipe are marinated with a fantastic combination of spices. Traditionally it is served over fried potatoes along with rice. For a healthier meal, forgo the fried spuds and serve with the rice; you won't be missing much.

Ingredients

Marinade:

3 Tbsp minced garlic
¾-1 tsp salt
4 tsp cumin
1 Tbsp ground black pepper
¼ c soy sauce
¼ c rice vinegar
¼ c canola oil

Stir Fry:

1 ½ lb beef tenderloin or (more economical, but still tasty) tri tip steak/roast, cut into strips
2 med sweet onions – red or white, sliced
15 oz can diced tomatoes
4 – 6 jalapenos, cut in thin strips
1/3 c fresh chopped cilantro
Salt & pepper to taste
1-2 Tbsp canola oil

Optional:

4 potatoes, sliced or cut into strips (“fries”)
1-2 tsp paprika
Peanut oil for frying
Or, cooked brown rice

Instructions:

Combine garlic and salt to make a paste. Whisk garlic paste and remainder of marinade ingredients. Place steak in one bowl and onions in another. Pour ½ marinade over each, mix and let set in refrigerator for at least 1 hour. Heat canola oil in wok over medium heat. When hot, add steak with marinade. Cook until brown. Add diced tomatoes and simmer for a few minutes. Add onions, jalapeno and cilantro and continue stir frying another 5 minutes. Fry potatoes to brown while ingredients are cooking in the wok. Drain on paper towels and sprinkle with salt and paprika. Serve stir fry over fried potatoes or over rice.

