

From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 2 Tbs EVOO
- ✓ 1 lb. Top Round Steak
- ✓ 1 cup good sherry
- ✓ 1 green pepper
- ✓ 2 12oz cans low sodium Beef Consommé
- ✓ ½ cup Heinz ketchup
- ✓ Mashed potatoes

Ragu

Here is a very, very special recipe from my grandmother's kitchen. It's the perfect transition meal from summer to fall – not too heavy, but warm and filling. We call it Ragu.

Directions:

- Warm 2 Tbs EVOO in a large pan
- Dredge 1 lb. Top Round Steak – pounded very thin – in salted and peppered flour. Place in oil and cook until done.
- Add 1 Cup good sherry and brown the beef
- Add 1 sliced green pepper, brown
- Add 2 12oz cans of low sodium Beef Consommé
- Add ½ cup Heinz ketchup
- (If needed, add up to ½ cup of water if it's too salty)
- Simmer for 1 hour
- Serve over/with freshly mashed potatoes

Simple and divine! It's the ultimate in comfort food.

*As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.*

