



# Greek Beef with Yogurt Sauce

*Serve this tasty dish with the Greek Vegetable Salad in the Salad section. For dessert, try the Warm Fruit Kabobs or the Fruit Sherbet with diet soda poured over it, both in the Dessert section! This is a wonderful company meal!*

## Sauce:

- 1 c. SCD plain yogurt
- 1/4 c. minced fresh parsley
- 1/2 tsp. minced garlic
- 1/4 - 1/2 tsp. cumin (to taste)
- 1/4 tsp. salt

## Beef:

- 1 tsp. dried oregano
- 1/2 tsp. dried rosemary, crushed
- 1/2 t. salt
- 1/4 tsp. pepper
- 1 lb. boneless beef sirloin steak, cut into thin strips\*
- 1 large sweet onion, sliced
- 4 tsp. olive oil, divided
- (whole 6" pitas, warmed, or couscous, for non SCDers)

*\*We found porterhouse steak on sale instead and it was absolutely perfect.*

For sauce, in a small bowl, combine the yogurt, parsley, garlic, cumin and salt. Refrigerate until serving.

In a large resealable plastic bag, combine the oregano, rosemary, salt and pepper; add beef. Seal bag and toss to coat. In a large nonstick skillet, sauté onion in 2 tsp. oil until golden brown. Remove and keep warm. Sauté beef in remaining oil until only a few pieces are slightly pink.

Serve beef and onion with yogurt sauce.

