

Spicy Thai Beef Stir-Fry

First 2 minutes:

- 1 large yellow onion, sliced in wedges
- 1 large red bell pepper, sliced in wedges (approximately same size as onion wedges)
- 2 tsp vegetable oil

Second 2 minutes:

- 1 very small pinch of anise seed
- 2 cloves of garlic, diced
- ½ pound beef tenderloin tips, cut into 1-inch cubes (can go up to a pound, if desired)
- 2 individual small thai red chilies, diced (wear gloves, fool!)

The Remaining Ingredients:

- 1 cup basil leaves, sliced lengthwise
- ½ cup beef broth
- 1 tbsp of dark brown sugar
- 1 tbsp fish sauce
- 1 tbsp oyster sauce
- 2 Roma tomatoes, quartered lengthwise

Heat the oil in a wok (or large sauté pan) on high heat. Add onions and red peppers and sauté for about 2 minutes stirring frequently. Add the garlic, beef, and chilies. Saute for an additional 2 -3 minutes.

Add all of the remaining ingredients and continue to stir-fry another couple of minutes, or until the beef is cooked to about medium.

Serve with basmati rice and a sprig of fresh basil for a garnish.