

Flank Steak & Sweet Potatoes

2 lbs Flank Steak, sliced into strips
1 cup Spanish Onions, sliced into strips
1 cup Green Peppers, sliced into strips
4 Sweet Potatoes
1 tsp. Cinnamon
1 tsp. Honey
1 tbsp. Olive Oil
Salt & pepper to taste

Roast sweet potatoes individually wrapped in foil in the oven at 375° F for 40 minutes. Remove from oven, take out of the foil and season with honey, cinnamon and a pinch of salt.

Use a cast iron pan to grill the flank steak on your stove top. Spray Olive Oil over pan. Once the pan is hot, grill the steak, onions and peppers. Season with salt & pepper. Grill flank steak strips for about 4-5 minutes per side. Continue to grill onions and peppers until soft. Enjoy!

