

# Beef a la parisienne

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## Ingredients

- 1 1/2 pounds steak meat (beefsteak)
- 2 cloves of garlic
- 1 teaspoon salt
- 3/4 teaspoon ground black pepper
- 1 teaspoon lemon juice
- 1 teaspoon cider vinegar
- 1/2 teaspoon chili powder chili
- 1 teaspoon split oregano leaves
- 2 8-ounce cans of tomato sauce

## Directions

- Cut the meat into 4 servings.
- Mash the garlic and mix with the salt and pepper.
- Season the meat with garlic mixture.
- Combine lemon juice, vinegar, chili powder and oregano.
- Pour over the meat and leave it soaking for three hours.
- Then put it in a mold and sprinkle the tomato sauce.
- Roast for 15 minutes or until browned on one side.
- Pour some of the sauce over it on the other side and leave it for another 15 minutes, or until it is completely brown and tender.
- Serves 4

