Grillades

1 large Onion

1 red/yellow Bell Pepper

1 large stalk Celery

2 Clovers Garlic

1 lb Round Stake

1 Small Can Roasted Tomatoes

Olive Oil

Bay Leaf, Thyme, Rose Mary, Parsley

1 tbl Beef & Chicken Boullion

Cook stake in Olive Oil until bottom of pot is brown.

Remove Beef.

Put veggies in pot stir until brown in off the bottom.

Put beef back in.

Add 1 cup water with beef & chicken Boullion.

Add all spices (not parsley)

Add tomato.

Cover and check every 20 minutes to see if beef in tender.

When tenderand Tony's Instant Roux to thicken.

Top with Parsley