

# New York Steak and Green Beans

Nicolas Come, age 9

## Ingredients

1 lb. green beans  
2 New York steaks  
Salt and pepper, to taste  
Paprika, to taste  
Drizzle of Olive oil  
3 cloves of Garlic, minced  
½ Lemon squeezed  
1 cup cherry tomatoes cut in half

## Directions:

**For green beans:** In a stock pot, boil water. Cook green beans for two minutes. Briefly chill in ice water and strain.

Then, add olive oil into a non-stick frying pan on medium heat. Sauté green beans with garlic.

Add tomatoes and lemon juice. Cook for another three minutes.

**Prepare steaks:** Season steaks with salt, pepper, and paprika. Bring skillet to high heat. Add steaks to skillet, cooking for three minutes on each side.

Serves 2.

# Individual Loaded Nachos

Elisabeth Watkins, age 12

## Ingredients

1/2 tri-tip  
Salt and pepper, to taste  
Garlic powder, to taste  
40 corn tortilla chips  
1 1/8 cups refried beans  
2 cups cheddar cheese, shredded  
40 sliced olives

## Directions:

Rub tri-tip with salt, pepper, and garlic powder. Roast at 425 degrees for 35-40 minutes. Let rest, covered for 10 minutes.

Dice half of the tri-tip across the grain into small, bite-sized pieces.

Lay 10 chips flat on a microwave-safe dish.

Spread 1 tsp. of refried beans on each chip. Sprinkle with cheese. Add 2-3 pieces of tri-tip.

Microwave on high until cheese melts. About 15-20 seconds.

Add 1 sliced olive on each chip.

Repeat 3 more times, using all of the chips.

**Chef's tip:** Serve with sour cream and guacamole.

Serves 4.

# Beef Sirloin Yakitori

Nichelle Crawford, age 18

## Ingredients

1 pound Beef Top-Sirloin  
1 cup soy sauce  
4 tbsp. dark brown sugar  
4 oz. Worcestershire sauce  
1 tbsp. cayenne pepper  
1 tbsp. cornstarch  
¼ sweet onion  
1 bell pepper  
1 tbsp. olive oil

## Directions:

**For marinade:** Combine soy sauce, brown sugar, Worcestershire sauce, and cayenne pepper.

Reserve ½ cup of marinade for sauce and add cornstarch. Marinate beef for 1 hour in the refrigerator.

Trim sirloin and slice into 1 inch-thick strips.

Slice onion and bell pepper into thin strips.

Remove sirloin from the marinade and grill.

In a skillet, heat the olive oil and sauté onion and bell pepper until soft.

Mix sirloin in with the vegetables and add reserved marinade. Cook for 4-5 minutes.

Serve over brown rice.

Serves 4.

# Stuffed Bell Peppers

John Lewis, age 18

## Ingredients

1/2 lb. lean ground beef  
4 bell peppers  
1/2 yellow onion, diced  
3 cloves garlic, minced  
1 tbsp. fresh Parsley, chopped  
1 tbsp. fresh Cilantro, chopped  
1 egg, beaten  
1 tbsp. olive oil  
Pepper to taste

## Directions:

Wash the bell peppers, remove tops, and set aside.

Remove the seeds and flesh with a spoon.

Pre-heat oven to 400 degrees.

Mix together (by hand or in a food processor) beef, onion, garlic, parsley, cilantro, and egg.

Place stuffing in each bell pepper.

Bake for 45-50 minutes.

**Chef's tip:** Top with salsa and cotija cheese.

Serves 4.