

Greek-Style Beef or Lamb Sandwiches

Carolyn T's
Cookbook

Servings: 4

Source: Adapted from Better Homes & Gardens, January 1973!



MARINADE:

- 1/2 cup dry red wine
- 1 large garlic clove, minced
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1 dash black pepper
- 1/2 large red onion, thinly sliced

MEAT:

- 1 pound beef sirloin steak, 1/2" thick, trimmed of visible fat
- 1 tablespoon butter

PITA & CONDIMENTS:

- 4 whole pita bread, whole-wheat
- 3 cups lettuce, shredded
- 1 cup fresh tomato, diced
- 1/2 cup feta cheese, crumbled
- 1 cup cucumber, diced
- 1/2 cup low-fat sour cream
- 1/2 cup yogurt, plain
- 2 tablespoons green onion, minced

Serving Ideas: You may also use leftover steak or roast beef (or lamb roast) for this. Just reheat the meat briefly, having marinated it ahead of time. You just don't cook it much.

Categories: Beef, Lamb

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 604 Calories; 27g Fat (41.2% calories from fat); 39g Protein; 48g Carbohydrate; 7g Dietary Fiber; 118mg Cholesterol; 986mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Notes: I prefer to marinate the meat for about 24 hours; you may also use flank steak for this, although then you definitely need to marinate the meat for 24 hours. You can also make this with LAMB steak, using same technique. The oregano is an important element in the marinade, so use ample (more if you like the herb). Description: An easy, quick dinner for a busy weeknight or for a company meal

Preparation Time: 30 minutes

Start to Finish Time: 2 hours

1. In a sturdy, sealable plastic bag combine the wine, oil, garlic, oregano, onion and salt & pepper. Cut the steak into strips about 2 inches long and 1/4 inch wide. Allow to marinate for about an hour at room temperature. If marinating for longer period, refrigerate it.
2. Combine the low-fat sour cream and yogurt, with minced green onions and allow to sit in refrigerator for several hours.
3. Remove the meat and onion from the marinade and dry on paper towels. Melt the 1 T. of butter in a hot pan and cook the meat, a little bit at a time (so it doesn't steam rather than brown), stirring to brown all sides. Keep meat hot while preparing the remaining meat. Add the red onion and sauté until all the onion is wilted, but not mushy.
3. Have small bowls ready into which you put the lettuce, tomatoes, cucumber, feta and the sour cream and yogurt mixture.
4. As chef, you can add the meat to each pita and then serve condiments for people to add as they wish. Or just pass everything.