

Farmers and Ranchers Cheesesteak Sandwich

1½ pound beef sirloin or
tenderized round steak

2 red bell peppers

2 orange bell peppers

1 large white or yellow onion

1-2 tablespoons minced garlic
(Fresh or in a jar)

¼ cup red cooking wine

½-1 teaspoon salt

½ teaspoon pepper

2-4 tablespoons butter or olive oil

6-8 hoagie buns

12-16 slices provolone cheese

Cut peppers and onion into thin slices. Cut beef steaks into thin strips.

Heat butter and saute onions, garlic and peppers until tender.

Add beef, wine, salt and pepper. Simmer and stir until beef is fully cooked.

More wine can be added.

Cover and lower heat to allow flavors to blend. Open the buns. Fold cheese slices in half putting two halves on each side of the bun. Microwave 20 seconds or heat in conventional oven until cheese is melted. Spoon meat mix onto the bun and enjoy.

6-8 servings.



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*Karol Swan, Columbus, NE
CommonGround Volunteer*

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“I’ve had the fortune to live on a farm all my life. I grew up on a row crop farm in Saunders County. My brothers still farm and feed cattle there. I own an irrigated row crop farm near York with my daughter, Jordan. We are blessed with wonderful tenants that use the latest innovations to continually improve our farm. I am currently in the Columbus area with a farmer/feed yard owner/operator. I am retired from the USDA. I worked 32 years for the Meat Grading and Certification Branch grading carcass beef. My duty station was Grand Island, and I worked in beef plants throughout the Midwest. I was a 4-H mom and leader for years. We had cattle and horses for business and 4-H projects, plus other livestock species for 4-H. Horses are still part of the York farm. Jordan lives on the York farm, trains horses and works in real estate. I currently write a Producer Progress Report every other week for the Midwest Messenger. I enjoy our CommonGround message and cannot stress enough the importance of connecting with people by listening, answering questions and ensuring folks we have the safest, healthiest, most abundant and most economical food supply in the world.”



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