



### **Lomo Saltado**

1 can Heritage Vege-Steak, or Cedar Lake Chops, drained and cut into strips

1 onion, thinly sliced

2 tomatoes, sliced into half moons

1 bunch cilantro, chopped

1 tablespoon soy sauce

Salt and Pepper to taste

French fries, homemade or frozen (small bag)

Optional, peppers

In a skillet, sauté the onion and tomatoes until desired texture.

Stir in soy sauce and Vege-Steak strips.

Add the prepared french fries and chopped cilantro. Add salt and pepper to taste.

Serve with cooked rice on the side.

*Submitted by Norma S. of North Carolina*