

Italian Boiled Beef with Tomatoes, Anchovies and Capers



2 tbsp olive oil
1 med onion
2 cloves garlic, minced
1 or 2 anchovy fillets, finely chopped
1 tbsp capers, chopped
1 14 oz can diced tomatoes
1 cup broth from bollito di manzo
½ tsp dried oregano
½ tsp dried basil
¼ tsp crushed red pepper flakes
Salt and Pepper to taste
Boiled beef from bollito di manzo recipe, coarsely chopped

Heat the olive oil over medium high heat in a large, heavy bottomed skillet. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook for a few more minutes. Add the remainder of the ingredients, except for the boiled beef. Bring to a boil, then reduce heat and simmer uncovered until sauce has thickened, about 10 minutes. Stir in the boiled beef and simmer until heated through. Taste for seasoning and serve over polenta or pasta.