

Braised Beef Steaks with Zesty Sauce Beef Steaks



Serves: 4; 3 ounces cooked steak and 2 tablespoons sauce per serving

Ingredients

- 4 boneless eye-of-round steaks (4 ounces each), all visible fat discarded
- 1 teaspoon salt-free garlic and herb seasoning blend
- Vegetable oil spray
- 1 cup fat-free, no-salt-added beef broth
- 1/4 cup whole almonds
- 1 tablespoon sliced almonds
- 1/4 cup whole-berry cranberry sauce or 1/3 cup fat-free sour cream
- 1 tablespoon prepared white horseradish
- 1/2 teaspoon salt-free garlic and herb seasoning blend

Cooking Instruction

Season both sides of the steaks evenly with 1 teaspoon garlic and herb seasoning blend. Heat a large nonstick skillet over medium-high heat. Cook the steaks for 2 minutes on each side, or until browned. Add the broth and bring to a simmer. Reduce the heat and simmer, covered, for 30 to 40 minutes, or until tender. If needed, add water 1/4 cup at a time to keep the steaks from sticking. If desired, reserve 1/2 to 2/3 cup cooking liquid to spoon over the steaks before serving.

Meanwhile, in a medium skillet, dry-roast the whole almonds over medium heat for 6 to 8 minutes, or until golden brown, stirring occasionally. Transfer to the work bowl of a food processor and let cool for 5 minutes. In the same skillet, dry-roast the sliced almonds for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer to a small plate and set aside.

Process the whole almonds for 1 to 2 minutes, or until finely ground. Transfer to a medium bowl. Stir in the cranberry sauce or sour cream, horseradish, and 1/2 teaspoon garlic and herb seasoning blend until well combined.

Cook's Tip

Perfect for holiday meals, these eye-of-round steaks are seasoned with a salt-free blend of garlic and herbs, braised until tender, and topped with an easy-mix sauce enhanced with toasted almonds.

To serve, spoon the reserved pan liquid over each steak. Top each with about 2 tablespoons sauce. Garnish with the almond slices.

Nutritional Analysis (per serving with sour cream sauce):

Calories 223
Total Fat 9.0 g
Saturated Fat 1.5 g
Trans Fat 0.0 g
Polyunsaturated Fat 1.5 g
Monounsaturated Fat 5.0 g
Cholesterol 50 mg
Sodium 78 mg
Carbohydrates 6 g
Sugars 2 g
Fiber 1 g
Protein 29 g

Dietary Exchanges

1/2 carbohydrate, 3 1/2 lean

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Nutritional Analysis (per serving with cranberry sauce)

Calories 228
Total Fat 9.0 g
Saturated Fat 1.5 g
Trans Fat 0.0 g
Polyunsaturated Fat 1.5 g
Monounsaturated Fat 5.0 g
Cholesterol 47 mg
Sodium 65 mg
Carbohydrates 9 g
Sugars 5 g
Fiber 2 g
Protein 28 g