

Cajun-Creole Smothered Steaks

Serves 2; 3 ounces steak and 1/2 cup vegetables per serving

Preparation time: 10 minutes

Slow braising is the key to successfully tenderizing very lean eye-of-round steaks. Zesty spices and an aromatic vegetable mixture give this dish its Cajun-Creole zip.

2 teaspoons salt-free Cajun-Creole seasoning blend

2 eye-of-round steaks (about 4 ounces each), all visible fat discarded

2 teaspoons olive oil

1/2 14.5-ounce can no-salt-added diced tomatoes, undrained (about 1 cup)

1/4 cup water

1/2 medium green bell pepper, chopped

1/2 medium rib of celery, cut into 1/2-inch slices

2 tablespoons chopped onion

1 medium garlic clove, minced

1/4 teaspoon salt

1. Sprinkle the seasoning blend over both sides of the steaks.
2. In a medium skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the steaks for 2 minutes on each side, or until browned. Transfer to a plate.
3. In the same skillet, stir together the tomatoes with liquid, water, bell pepper, celery, onion, garlic, and salt. Add the steaks. Spoon the sauce over the steaks. Bring to a simmer. Reduce the heat and simmer for 1 hour 15 minutes, or until tender.

Time-Saver: If you are pressed for time, you can serve the steaks after about 45 minutes of simmering. They should be tender enough by then, though they will be even better with the full simmering time.

NUTRITION ANALYSIS (per serving)

Calories	225
Calories from Fat	70
Total Fat	8.0 g
Saturated Fat	1.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	4.9 g
Cholesterol	50 mg
Sodium	390 mg
Total Carbohydrate	10 g
Dietary Fiber	3 g
Sugars	6 g
Protein	28 g

Exchanges/Choices: 2 Vegetable, 3 Lean Meat, 1 Fat

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