

# Pepper Steak

Right for Tonight™ Healthy Meals



# Pepper Steak

**Prep Time:** 10 minutes\*

**Cook Time:** 15 minutes

**Easy Recipe:**

- 1 1/2 to 2 lbs. London broil (beef top round steak)
- 1 tsp. dried basil
- 1 tsp. Worcestershire sauce
- 1/4 cup red wine vinegar
- 1 tbsp. packed brown sugar
- 1 tbsp. olive oil
- 2 bell peppers, seeded, each cut into 6 wedges
- 1 medium onion, cut into slices 1/2-inch thick

**Easy Steps:**

1. Rub steak evenly on both sides with basil and Worcestershire. Place steak in a large resealable plastic bag or a shallow dish.
2. In a small bowl combine vinegar and sugar; pour evenly over meat. Seal bag; turn to coat. Refrigerate at least 6 hours.
3. Preheat broiler. Remove steak from marinade; pour marinade into a medium bowl. Place steak on broiler rack

set in broiler pan. Season with freshly ground black pepper to taste.

4. Stir oil into marinade. Add bell peppers and onion; toss to coat. Place peppers and onion around steak. Spoon remaining marinade over steak and vegetables.
5. Place under broiler; broil 7 to 10 minutes per side or to desired doneness (145°F for medium-rare). If vegetables brown too quickly, remove and keep warm while steak continues to broil. Remove steak from broiler and let stand 3 to 5 minutes. Thinly slice steak against the grain, and serve with bell peppers and onion.

Serves 6

**Per Serving:** 235 calories, 4g carbohydrate, 35g protein, 1g fiber, 8g fat, 3g saturated fat, 85mg cholesterol, 80mg sodium

\*6 hours marinate time extra  
Make it a meal with brown rice and a mixed salad.



**Milk with Meals:** Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

See a nutrition professional for advice.



© 2009 All rights reserved by TRY-FOODS INTERNATIONAL, Apopka, FL. The name and/or retailer will not be held liable for any adverse reactions due to the preparation and/or consumption of this dish, whether related to allergies, medical conditions or other causes. The nutritional values and information provided are approximations. Printed in the USA with vegetable-based inks. 11/2/09 Pepper Steak