

BEEF TOP SIRLOIN STEAK WITH ASPARAGUS & TOMATO ORZO

Try this juicy top sirloin steak paired with a tomato-caper sauce served over a bed of orzo and asparagus. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 6

INGREDIENTS

- 1 beef Top Sirloin Steak, Boneless, cut 1 inch thick (about 1½ pounds)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup unsalted beef broth
- ⅓ cup dry red wine
- 1½ cups chopped roma tomatoes
- ¼ cup finely chopped capers
- 1 tablespoon minced garlic
- 1 cup cooked orzo pasta
- ½ pound asparagus, trimmed, cut into 1-inch pieces



COOKING

1. Press salt and pepper evenly onto beef steak. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; cook 15 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from skillet; keep warm.
2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until brown bits attached to skillet are dissolved. Add tomatoes, capers and garlic; cook and stir 6 to 7 minutes or until thickened.
3. Meanwhile, cook pasta according to package directions. Add asparagus during last 3 minutes of cooking time. Drain; toss with half of the tomato mixture.

Cook's Tip: Nutritional analysis of this recipe is based on pasta cooked without the addition of salt.

4. Carve steak crosswise into slices. Serve steak over pasta. Spoon remaining tomato mixture over steak.

Nutrition information per serving: 308 Calories; 54 Calories from fat; 6g Total Fat (2.2 g Saturated Fat; 0.14 g Trans Fat; 0.3 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 302 mg Sodium; 29 g Total Carbohydrate; 2.6 g Dietary Fiber; 31.6 g Protein; 3.7 mg Iron; 617.7 mg Potassium; 9.9 mg NE Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.8 mg Zinc; 31.6 mcg Selenium; 108.4 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety