

CREOLE STEAK WITH JAMBALAYA RICE

This recipe is a gift from New Orleans. The rice starts with onion, green bell pepper and celery, and the steak gets a touch of spice. If you haven't tried down home Cajun food, now is the time. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 4 beef Sirloin Tip Steaks, cut ¼ inch thick (about 1 pound)
- 2 tablespoon vegetable oil, divided
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 2½ teaspoons Creole seasoning, divided
- 1 can (14½ ounces) no-salt added diced tomatoes
- 1½ cups cooked brown rice



COOKING

1. Heat 1 tablespoon oil over medium heat in 3-quart saucepan until hot. Add onion, celery, bell pepper and 1 teaspoon Creole seasoning; cook 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.
2. Meanwhile, press remaining 1½ teaspoons Creole seasoning evenly onto beef Sirloin Tip Steaks. Heat 1½ teaspoons oil in large nonstick skillet over medium-high heat until hot. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 1 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining steaks and oil.
3. Stir tomatoes and rice into saucepan with vegetables. Cover and continue cooking 2 to 4 minutes or until heated through, stirring occasionally. Keep warm.
4. Serve steaks topped with rice mixture.

Nutrition information per serving, using Choice grade beef: 338 Calories; 117 Calories from fat; 13g Total Fat (2.85 g Saturated Fat; 4.05 g Monounsaturated Fat;) 69 mg Cholesterol; 490 mg Sodium; 28 g Total Carbohydrate; 4.7 g Dietary Fiber; 29 g Protein; 3.4 mg Iron; 6.5 mg NE Niacin; 0.8 mg Vitamin B₆; 3.2 mcg Vitamin B₁₂; 6.9 mg Zinc; 29.6 mcg Selenium; 104.1 mg Choline.

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

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