

Blackstrap Steaks With Caramelized Onions

Beef Chuck Eye Steaks are brushed with molasses and served with a caramelized onion relish. Got a hankering for a good steak? Try this recipe tonight.

INGREDIENTS

4 beef Chuck Eye or Ranch Steaks, cut 3/4 inch thick (about 6 ounces each) - Four beef Flat Iron Steaks, about 8 ounces each, may be substituted for Chuck Eye or Ranch Steaks. Cook 11 to 14 minutes for medium rare to medium doneness, turning occasionally.

1/4 cup molasses

2 tablespoons Worcestershire sauce

1 tablespoon balsamic vinegar

Salt

Fresh basil sprigs (optional)

1-1/2 cups chopped sweet onion

3/4 cup chopped red bell pepper

2 tablespoons thinly sliced fresh basil

2 tablespoons toasted pine nuts - Coarsely chopped toasted walnuts may be substituted for pine nuts. To toast nuts, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.

1 tablespoon balsamic vinegar

1/2 teaspoon black pepper



40 Min



4

Servings



42 Cal



36g

Protein

COOKING



1. To prepare Caramelized Onions, spray medium nonstick skillet with nonstick cooking spray. Heat over medium to medium-high heat until hot. Add onion; cook 5 to 7 minutes, stirring frequently. If necessary, re-spray skillet with cooking spray. Add bell pepper; continue cooking 3 to 5 minutes or until onions are browned and bell pepper is crisp-tender, stirring frequently. Stir in sliced basil, pine nuts, 1 tablespoon vinegar and black pepper. Season with salt, as desired; keep warm.

2. Meanwhile combine molasses, Worcestershire sauce and 1 tablespoon vinegar in small bowl.

3. Heat second large nonstick skillet over medium heat until hot. Season steaks with black pepper. Place steaks in pan; cook 9 to 11 minutes (ranch steaks, 8 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and brushing with molasses mixture during last 3 to 4 minutes of cooking.

4. Season steaks with salt, as desired; serve with caramelized onions. Garnish with basil sprigs, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	86mg		24g	36g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com