

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, tuning occasionally.

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40 Min



4

Servings



42 Cal



36g

Protein

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1/4 cup molasses

1/4 cup molasses

1/4 cup molasses

1/4 cup molasses

1/4 cup molasses

1/4 cup molasses

1/4 cup molasses

2 tablespoons Worcestershire sauce

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoon balsamic vinegar
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Salt

Fresh basil sprigs (optional)

[illegible]

[illegible]

1-1/2 cups chopped sweet onion

[illegible]

[illegible]

[illegible]

3/4 cup chopped red bell pepper

[illegible]

[illegible]

2 tablespoons thinly sliced fresh basil

[illegible]

[illegible]

2 tablespoons toasted pine nuts - Coarsely chopped toasted

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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