

## Braised Chuck Steaks With Savory Lentils

This recipe features slow simmered Chuck Blade Steaks with onions, carrots and lentils lightly flavored with cumin.

### INGREDIENTS

2 pounds beef chuck blade steaks, cut 3/4 to 1 inch thick

2-1/4 cups water

1 medium onion, finely chopped

2 bay leaves

1 cup uncooked lentils, rinsed

2 small carrots, diced

1/2 teaspoon ground cumin



2.50  
Hours



6  
Servings



42 Cal



31g  
Protein

### COOKING

1. Heat large nonstick skillet over medium heat until hot. Place beef Chuck Blade Steaks in skillet; brown evenly. Pour off drippings; season with salt and pepper, as desired.

2. Add water, onion and bay leaves to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 hours. Add lentils, carrots and cumin to skillet; return to a boil. Continue simmering, covered, 30 to 45 minutes or until lentils and beef are fork-tender. Discard bay leaves.

3. Carve steaks into thin slices. Serve with lentils. Season with salt and pepper, as desired.

### NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		11g	71mg		25g	31g	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