

**BEEF CACCIATORE**

*Total preparation and cooking time: 2 to 2-3/4 hours*

- 1 boneless beef chuck blade steak, cut 1 inch thick (about 2 pounds)**
- 4 teaspoons vegetable *or* olive oil**
- 1/4 teaspoon salt**
- 1 package (12 ounces) frozen vegetable seasoning blend (such as onion, bell pepper, celery, parsley)**
- 2 cups prepared red wine pasta sauce *or* marinara sauce**
- 3/4 cup water**
- 8 ounces button mushrooms, cut in half (cut into quarters if large)**
- Salt and pepper**
- Hot cooked pasta (optional)**

1. Heat 2 teaspoons oil in stockpot over medium heat until hot. Place beef steak in stockpot; brown evenly. Remove steak from stockpot; season with 1/4 teaspoon salt.
2. Heat remaining 2 teaspoons oil in stockpot. Add vegetable seasoning blend; cook and stir 6 to 7 minutes or until vegetables are tender. Stir in pasta sauce and water. Return steak with juices to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 2 hours or until steak is fork-tender.
3. Remove steak; keep warm. Add mushrooms to cooking liquid; bring to a boil. Reduce heat to medium; simmer, uncovered, 20 minutes or until mushrooms are tender and sauce is thickened to desired consistency, stirring occasionally.
4. Meanwhile carve steak into thin strips. Add to sauce; cook until heated through. Season with salt and pepper, as desired. Serve over pasta, if desired.

***Makes 4 servings.***

***Cook's Tip:** Three cups of a mixture of chopped onion, green bell pepper, celery and parsley may be substituted for frozen vegetable seasoning blend.*

***Nutrition information per serving:** 510 calories; 25 g fat (7 g saturated fat; 9 g monounsaturated fat); 135 mg cholesterol; 914 mg sodium; 24 g carbohydrate; 4.1 g fiber; 47 g protein; 6.7 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 3.2 mcg vitamin B<sub>12</sub>; 6.9 mg iron; 39.5 mcg selenium; 13.8 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber.