

BRAISED BEEF WITH LIME-CILANTRO MAYONNAISE

Total preparation and cooking time: 1-1/2 to 2 hours

1-1/2 pounds beef eye round steaks, cut 3/4 to 1 inch thick

2 cups coarsely chopped onions

1-1/2 cups water

Lime-Cilantro

Mayonnaise:

1/2 cup mayonnaise

Juice of 1 lime

2 tablespoons finely chopped fresh cilantro

1/4 teaspoon ground red pepper

1 lime, cut into 8 wedges

1. Place beef steaks, onions and water in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.
2. Meanwhile combine Lime-Cilantro Mayonnaise ingredients in small bowl. Refrigerate, covered, until ready to use.
3. Remove steaks; keep warm. Strain solids from cooking liquid; discard solids. Carve steaks into thin slices; arrange on serving platter. Pour enough cooking liquid over beef to moisten (about 1/4 cup). Serve with Lime-Cilantro Mayonnaise and lime wedges.

Makes 4 servings.

Nutrition information per serving: 400 calories; 27 g fat (4 g saturated fat; 2 g monounsaturated fat); 69 mg cholesterol; 190 mg sodium; 10 g carbohydrate; 1.2 g fiber; 29 g protein; 5.3 mg niacin; 0.5 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 2.6 mg iron; 34.1 mcg selenium; 5.0 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.