

BRAISED CHUCK STEAKS WITH SAVORY LENTILS

Total preparation and cooking time: 1-1/2 to 1-3/4 hours

- 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**

1. Heat large nonstick skillet over medium heat until hot. Place beef 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.

Makes 4 to 6 servings.

Nutrition information per serving (1/4 of recipe): 482 calories; 16 g fat (7 g saturated fat; 7 g monounsaturated fat); 106 mg cholesterol; 119 mg sodium; 37 g carbohydrate; 7.6 g fiber; 47 g protein; 5.2 mg niacin; 0.6 mg vitamin B₆; 7.5 mcg vitamin B₁₂; 8.2 mg iron; 48.4 mcg selenium; 11.7 mg zinc.

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

Nutrition information per serving (1/6 of recipe): 321 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 71 mg cholesterol; 80 mg sodium; 25 g carbohydrate; 5.1 g fiber; 31 g protein; 3.4 mg niacin; 0.4 mg vitamin B₆; 5.0 mcg vitamin B₁₂; 5.5 mg iron; 32.3 mcg selenium; 7.8 mg zinc.

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