

**RETAIL  
BEEF MADE EASY  
STEAKS FOR GRILLING/BROILING**

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**CAJUN BEEF PEPPER STEAK**

*Total preparation and cooking time: 25 to 30 minutes*

- 1 pound boneless beef top sirloin steak, cut 3/4 inch thick**
- 2 teaspoons Cajun or Creole seasoning blend**
- 2 medium green or red bell peppers, cut into quarters**
- 2 teaspoons vegetable oil**
- 1 package (5.5 to 8 ounces) Cajun or Creole rice mix with seasonings**

1. Press 1-1/2 teaspoons seasoning blend evenly onto beef steak. Toss bell peppers with oil and remaining 1/2 teaspoon seasoning blend.
2. Place steak in center of grid over medium, ash-covered coals; arrange bell peppers around steak. Grill, uncovered, 13 to 16 minutes for medium rare to medium doneness and peppers are tender, turning occasionally.
3. Meanwhile prepare rice blend according to package directions, omitting oil or margarine.
4. Carve steak into slices. Serve with peppers and rice.

*Makes 4 servings.*

**Cook's Tip:** To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare to medium doneness, turning once.

**Nutrition information per serving:** 318 calories; 8 g fat (2 g saturated fat; 3 g monounsaturated fat); 50 mg cholesterol; 856 mg sodium; 31 g carbohydrate; 2.4 g fiber; 31 g protein; 7.9 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 2.6 mg iron; 31.5 mcg selenium; 5.0 mg zinc.

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