

GARLIC-BASIL TOASTED BEEF SANDWICHES

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

- 1-1/2 pounds beef eye round *or* bottom round steaks,
cut 3/4 to 1-inch thick**
- 2 tablespoons minced garlic**
- 1 teaspoon pepper**
- 1 cup water**
- 4 crusty rolls (4 inches long), split**
- Sliced tomatoes (optional)**

Garlic-Basil

Mayonnaise:

- 1/2 cup reduced fat *or* regular mayonnaise**
- 1/4 cup chopped fresh basil**
- 1 teaspoon minced garlic**

1. Combine 2 tablespoons garlic and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; brown evenly. Season with salt, as desired.
2. Add water to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.
3. Meanwhile combine mayonnaise ingredients in small bowl. Spread cut sides of rolls with mayonnaise mixture. Place on baking pan so surface of rolls is 3 to 4 inches from heat. Broil 1 to 2 minutes or until lightly browned. Place sliced tomatoes on bottom half of rolls, if desired.
4. Carve steaks into thin slices. Divide steak slices evenly over roll bottoms; top with some of the cooking liquid. Close sandwiches. Serve with remaining cooking liquid for dipping, as desired.

Makes 4 servings.

Nutrition information per serving using reduced fat mayonnaise: 444 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 79 mg cholesterol; 610 mg sodium; 35 g carbohydrate; 1.2 g fiber; 43 g protein; 8.8 mg niacin; 0.5 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 4.7 mg iron; 42.5 mcg selenium; 6.5 mg zinc.

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

Nutrition information per serving using regular mayonnaise: 679 calories; 31 g fat (6 g saturated fat; 3 g monounsaturated fat); 89 mg cholesterol; 42 mg sodium; 48 g carbohydrate; 1.8 g fiber; 46 g protein; 10.0 mg niacin; 0.5 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 5.5 mg iron; 42.5 mcg selenium; 6.5 mg zinc.

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