

**MARRAKESH BEEF**

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

- 2 beef bottom round or eye round steaks, cut 3/4- to 1-inch thick (about 1-1/2 pounds)**
- 1 can (14-1/2 ounces) diced tomatoes with garlic and onion or stewed tomatoes with onion, undrained**
- 1 cup mango chutney**
- 1-1/2 teaspoons curry powder**
- 1 package (5.6 ounces) toasted pine nut couscous**
- Chopped fresh cilantro (optional)**

1. Heat large nonstick skillet over medium heat until hot. Place beef steaks in skillet; brown evenly. Season with salt and pepper, as desired.
2. Combine tomatoes, chutney and curry powder in small bowl. Pour over steaks; 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 prepare couscous according to package directions, omitting butter or oil.
4. Carve steaks into thin slices. Serve over couscous. Top with cooking liquid and cilantro, if desired.

*Makes 4 servings.*

*Cook's Tip: Regular cooked couscous can be substituted.*

*Nutrition information per serving, using bottom round: 530 calories; 8 g fat (2 g saturated fat; 2 g monounsaturated fat); 75 mg cholesterol; 1916 mg sodium; 82 g carbohydrate; 3.2 g fiber; 34 g protein; 4.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 5.2 mg iron; 30.5 mcg selenium; 4.6 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.

*Nutrition information per serving, using eye round: 536 calories; 7 g fat (2 g saturated fat; 2 g monounsaturated fat); 63 mg cholesterol; 1917 mg sodium; 82 g carbohydrate; 3.2 g fiber; 36 g protein; 5.1 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 5.3 mg iron; 32.0 mcg selenium; 4.9 mg zinc.*

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