

Cajun Beef Pepper Steak

Total Recipe 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, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) 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); 5 mg cholesterol; 856 mg sodium; 31 g carbohydrate; 2.4 g fiber; 31 g protein; 7.9 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.6 mg iron; 31.5 mcg selenium; 5 mg zinc.

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

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