

5 A Day Recipes

Main Courses

Beef with Greens and Red Potatoes

Serves 6

- 1 pound beef top round steak; boneless (12 ounces)
- 8 red-skinned potatoes, halved
- 2 cups low sodium beef broth 2 large cloves garlic minced
- 2 bunches (½ pound each) mustard greens, kale or turnip greens, stems removed
- nonstick spray coating
- 1 ½ tablespoon Hot 'N' Spicy Seasoning (see below)
- 3 cups onion, finely chopped
- 2 large carrots, peeled, cut into very thin, 2 ½ inch strips
- Hot 'N' Spicy Seasoning
- ¼ cup paprika
- 2 teaspoons chili powder
- 1 teaspoon black pepper
- 1½ teaspoon dry mustard
- 2 tablespoon dried oregano
- 1 teaspoon garlic powder
- ½ teaspoon red (cayenne) pepper

Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick. Thoroughly coat strips with Hot 'N' Spicy Seasoning. Spray a large heavy skillet (cast iron is good) with nonstick spray coating. Preheat pan over high heat. Add meat; cook, stirring, for 5 minutes. Add potatoes, onion, broth and garlic. Cook, covered, over medium heat for 20 minutes. Stir in carrots, lay mustard greens over top, and cook, covered until carrots are tender, about 15 minutes. Serve in large serving bowl, with crusty bread for dunking.

Nutritional Analysis

Calories: 308
Fat: 4 gm
Cholesterol: 49 mg
Fiber: 8 gm
Sodium: 100 mg
% Calories from Fat: 11 %

This is an official 5 a Day recipe, and provides six people with 1¼ servings of vegetables each.