

## Steak and Caramelized Onion Sandwiches

**Total Recipe Time: 25 to 30 minutes**

**12 ounces grilled beef steak, cut into slices**  
**1 can (14 to 14-1/2 ounces) beef broth**  
**2 tablespoons brown sugar, divided**  
**1 tablespoon sweet paprika**  
**1 tablespoon olive oil**  
**1 medium yellow onion, cut in half, thinly sliced**  
**1 loaf (12 to 16 ounces) ciabatta bread**  
**1/4 cup shredded Parmesan cheese**



1. Combine beef broth, 1 tablespoon brown sugar and paprika in medium saucepan; bring to a boil. Reduce heat; simmer 15 to 18 minutes or until liquid is reduced to 1 cup.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat until hot. Add onion; cook 5 to 7 minutes or until tender, stirring occasionally. Reduce heat; sprinkle with remaining tablespoon brown sugar; continue cooking about 10 minutes or until very tender and golden brown, stirring often. Remove from skillet; keep warm.
3. Preheat broiler. Cut bread loaf crosswise in four equal pieces. Cut each piece horizontally in half. Place cut-sides up on rimmed metal baking sheet so surface of bread is 3 to 4 inches from heat. Broil 30 seconds to 1 minute or until toasted and lightly browned.
4. Place equal amounts of steak slices on bottom portions of bread. Top evenly with onions and cheese. Close sandwiches. Ladle hot broth mixture into cups for dipping.

**Makes 4 servings**

**Cook's Tip:** Four crusty French rolls (about 2-1/2 ounces each), split, may be substituted for ciabatta bread. Toast and fill as directed.

**Nutrition information per serving, using top sirloin steak:** 441 calories; 12 g fat (3 g saturated fat; 5 g monounsaturated fat); 54 mg cholesterol; 899 mg sodium; 47 g carbohydrate; 2.5 g fiber; 37 g protein; 11.2 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 4.0 mg iron; 31.4 mcg selenium; 4.9 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.

