



Top Round Steak with Zucchini Marinara over Whole Wheat Pasta

1 ½ lb Top Round Steak
4 C. Chopped Zucchini
1 pkg 3 Pepper and Onion Frozen Vegetable Blend
2 Cans Italian Style Stewed Tomatoes
2 T. Tomato Paste
1 ½ t. Celery Salt
½ t. Red Pepper Flakes
1 Square 70% Dark Chocolate
1 T. Extra Virgin Olive Oil (EVOO)
Salt and pepper to taste
1 Box Whole Wheat Penne Pasta



Marinade:

1/3 C. Balsamic Vinegar
1/3 C. Extra Virgin Olive Oil
1 T. Minced Garlic
1 T. Italian Seasoning
Salt and Pepper to taste

Trim off any excess fat from Top Round Steak and slice into thin strips cutting diagonally across the grain of the meat. In a ziplock bag, add meat strips, balsamic vinegar, EVOO, minced garlic, Italian seasoning, salt and pepper. Remove air from bag and seal, let meat mixture set for a minimum of 2 hours.

To begin, start heating the water in pot for pasta, cook according to package directions, and drain.

While water is heating, preheat skillet with 1 T EVOO then pour the meat marinade mixture into pan, stir and cook until meat is no longer pink. Add 3 pepper and onion frozen blend and zucchini, stir and sauté for 2-3 minutes. Add Italian style stewed tomatoes, red pepper flakes and celery salt, cook until zucchini is just under fork tender. Add 70% dark chocolate square and tomato paste let simmer for 5 minutes. Salt and pepper to taste.

Plate the dish with the Top Round Steak with Zucchini Marinara over top of pasta. Garnish with parmesan cheese if desired.

Entered and demonstrated at the What's For Dinner Beef Cookoff at the Kansas State Fair by:

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