

Top Sirloin Steak with Asparagus & Tomato Orzo

Total recipe time: 35 minutes Makes 4 servings

Ingredients

1 boneless beef top sirloin steak, cut 1 inch thick (about 1-1/2 pounds)



1/4 teaspoon pepper

Salt

1/3 cup ready-to-serve beef broth

1/3 cup dry red wine

1-1/2 cups diced plum tomatoes

4 teaspoons capers (optional)

3 cloves garlic, minced

1 cup uncooked orzo pasta

1/2 pound asparagus, cut into 1-inch pieces



Instructions

1. Press pepper evenly onto beef steak. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; cook 15 to 20 minutes for medium rare to medium doneness, turning occasionally. Season with salt, as desired. Remove from skillet; keep warm.
2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until brown bits attached to skillet are dissolved. Add tomatoes, capers, if desired, and garlic; cook and stir 6 to 7 minutes or until thickened.
3. Meanwhile cook pasta according to package directions using salt in the water. Add asparagus during last 3 minutes of cooking time. Drain. Toss with half of the tomato mixture.
4. Carve steak crosswise into slices. Serve steak over pasta. Spoon remaining tomato mixture over steak.

Nutritional Information Per Serving

Nutrition information per serving: 476 calories; 11 g fat; 125 mg cholesterol; 167 mg sodium; 38 g carbohydrate; 51 g protein; 0.9 mg vitamin B₆; 4.1 mcg vitamin B₁₂; 7.1 mg iron; 10.1 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron and zinc.