

# Steak au Poivre

Serving Size: 1 Steak  
Serves: 6

## Ingredients

1 clove garlic, minced  
1 teaspoon crushed black peppercorns  
Pinch of salt  
6-4oz lean beef tenderloin steaks, trimmed of all visible fat  
1 tablespoon olive oil  
1 poblano pepper, seeded and julienned  
1 yellow bell pepper, seeded and julienned  
1 red bell pepper, seeded and julienned  
½ onion, finely chopped  
1 clove garlic, minced  
½ cup fat free evaporated milk  
½ cup low sodium vegetable broth

## Directions

In a small bowl, mix the garlic, peppercorns and salt. Press the mixture onto both sides of the steaks.

Heat the olive oil in a large heavy skillet. Cook the steaks about 5 minutes on each side just until the center is pink. Remove the steaks and keep them warm.

To the same skillet, add the onions and sauté until they begin to soften. Stir in the peppers and garlic and saute about 5 minutes. Remove to a bowl and keep warm.

Combine the evaporated milk and vegetable broth in the skillet, simmer over medium heat, stirring until reduced to about  $\frac{3}{4}$  cup volume, about 10 minutes.

Return the peppers to the sauce and heat through. Spoon the sauce over the steaks and serve immediately.

*Your kitchen will be filled with the warm aromas of the Southwest as you feast on this delicate but flavorful soup on a cold sun filled day.*

## Exchanges per serving:

2 Starches, 1 Vegetable, 4 Fats

## Nutrients per serving:

Calories: 316  
Calories from fat: 179  
Total Fat: 20g  
Cholesterol: 7mg  
Sodium: 256mg  
Total Carbohydrate: 32g  
Dietary Fiber: 6g  
Protein: 7g