

MARINATED BEEF WITH SPICY PECAN SAUCE (for 2)

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: about 1 hour

INGREDIENTS:

8 oz boneless beef sirloin steak, 3/4 - 1" thick
2 TBS olive OR cooking oil
2 TBS balsamic OR red wine vinegar
1 small jalapeño pepper (OR 2 TBS canned diced green chili peppers, drained), finely chopped
2 cloves garlic, minced
1/4 tsp ground red pepper, divided in half (1/8 + 1/8 tsps)
2 TBS butter, margarine, olive oil OR cooking oil
2 TBS chopped pecans
1/3 C water
1/2 tsp instant beef bouillon granules

DIRECTIONS:

Cut steak into 2 equal portions - place in plastic bag set in deep mixing bowl.

For marinade: in bowl, combine 2 TBS olive oil, vinegar, jalapeño peppers, 1 clove minced garlic + 1/8 tsp ground red pepper - pour over steak in bag - close bag & turn steak to coat well - marinate at room temperature 30 minutes OR in refrigerator 2-24 hours, turning bag occasionally - remove steak from marinade & discard marinade.

In medium skillet over medium heat, cook steak in 1 TBS hot butter to desired doneness, turning once (8-11 minutes for rare - 12-14 minutes for medium rare - 15-17 minutes for well done) - transfer to individual plates & keep warm.

For sauce: melt 1 TBS butter in same skillet - add pecans, 1 clove minced garlic & 1/8 tsp ground red pepper - cook/stir 2-3 minutes or till pecans are toasted - carefully add water & bouillon to hot skillet, stirring & scraping crusty crowned bits off skillet bottom - simmer gently about 2 minutes or till liquid is reduced by half - to serve, spoon warm sauce over steak.

[per serving: calories: 446; protein: 27g; carbohydrates: 4g; total fat: 36g; saturated fat: 7g; cholesterol: 76mg; sodium: 491mg; potassium: 404mg]