

SPOTLIGHT RECIPE

BEEF GRILLADES

SERVES 8



INGREDIENTS

- 1/3 cup flour
- 2 teaspoons Cajun seasoning
- 2 pounds top round steak, cut into 8 1/2-inch slices
- 3 tablespoons vegetable oil, divided
- 1/4 cup celery, chopped
- 1/4 cup onion, chopped
- 1/4 cup green pepper, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon flour
- 16 ounces beef broth, low-sodium
- 16 ounces canned tomatoes, diced, low sodium
- 2 bay leaves
- 2 teaspoons Worcestershire sauce
- 1 teaspoon red wine vinegar
- 1 teaspoon tabasco sauce
- 1/4 cup scallions, sliced, for garnish

DIRECTIONS

Combine the 1/3 cup flour and Cajun seasoning in a large plastic bag. Add the steak and shake to coat evenly.

Heat 2 tablespoons of the oil in a cast-iron Dutch oven or a deep pan set over medium-high heat.

Add the steak and brown on both sides. Remove from the pan and set aside.

Add the remaining oil to the pan along with the celery, onion and green pepper. Cook until soft, stirring occasionally, about 5 minutes.

Add the garlic, dried thyme, smoked paprika, salt and black pepper, and cook for 1 minute.

Sprinkle 1 tablespoon of flour over the veggies and stir to mix it in well.

Gradually stir in the beef broth, and then add the can of tomatoes.

Add bay leaves, Worcestershire sauce, red wine vinegar and Tabasco sauce.

Add the steak back to pan, cover and simmer on low heat for 1 hour.

Keep hot until ready to serve. Garnish with sliced scallions.

Side dishes

Grits • Sautéed Kale

