

STEAK & POTATO

grill packs

INGREDIENTS

- 1 ½ lb. steak (use top sirloin or ribeye for best results), chopped into 1-2" pieces
- 1 lb. potatoes, chopped into 1" pieces (4-5 cups)
- 1 red pepper, chopped into 1" pieces
- 1 small onion, chopped into 1" pieces
- 3 Tbsps. olive oil
- 2 cloves garlic, approximately 2 tsps., crushed
- 1 tsp. paprika
- 1 tsp. thyme
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. lemon juice

INSTRUCTIONS

1. Cut 1 ½ lb. steak into roughly 2-inch pieces. Dice 1 lb. potatoes, 1 red pepper, and 1 small onion into 1-inch pieces or smaller. Partially cook the potatoes by boiling them for 5 minutes on the stove or cooking for 2 minutes in a dish with some water in the microwave.
2. Mix together 3 Tbsp. oil, 2 cloves crushed garlic, 1 tsp. paprika, 1 tsp. thyme, ½ tsp. each salt and pepper, and 2 tsp. lemon juice. Toss the steak, potatoes, onions, and peppers in the oil mixture.
3. Cut foil squares large enough to contain and fold over the steak and potatoes mixture, then divide the mixture evenly between them.
4. Seal up the foil packs and cook on the grill for 10-15 minutes or in the oven at 425°F for around 20 minutes. When done cooking, open the pack and finish the steak directly on the grill or place it under the broiler for a couple of minutes to brown. Serve in the pack or on a plate.

*Optional to add 5 cups fresh green beans halved and trimmed.

Makes 4 servings

NUTRIENT ANALYSIS PER SERVING

Serving size: 1 ½ cups

Calories: 538 kcal; Carbohydrates: 20g; Protein: 38g; Fat: 35g; Saturated Fat: 12g; Cholesterol: 104mg; Sodium: 394mg; Fiber: 4g; Sugar: 3g

Source: Eating Well Magazine