

Minute Steaks

with Picadillo-Style Sauce & Yellow Rice

In this dish, thinly sliced eye round steaks get topped with a sauce inspired by a traditional Latin American dish called Picadillo. In the Dominican Republic, Puerto Rico, and Cuba, Picadillo usually contains a sweet and savory mix of raisins and olives or capers. Elsewhere in Latin America, the ingredients vary depending on the region, but it's always made with tomatoes, peppers and lots of herbs and spices.



Ingredients

- 10 Ounces Eye Round Minute Steak
- 2 Cloves Garlic
- 1 Bunch Fresh Oregano
- 1 Green Bell Pepper
- 1 Ounce Green Olives
- 1 Yellow Onion
- ¼ Cup All-Purpose Flour
- 2 Teaspoons Ancho Chile Powder
- ¾ Cup Long Grain White Rice
- 1 Teaspoon Turmeric
- 2 Tablespoons Raisins
- 1 Tablespoon Tomato Paste
- 1 Teaspoon Cumin



Makes 2 Servings
About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Remove the steaks from the refrigerator to bring to room temperature. Using the side of your knife, smash the olives and discard the pits. Roughly chop the olives. Peel and finely chop the garlic. Peel and thinly slice the onion. Thinly slice the green pepper. Pick the oregano leaves off their stems and roughly chop. In a shallow dish or on a plate, combine the **flour** and as much **chile powder** as you'd like, depending on how spicy you'd like the coating on the steak to be.



Cook the rice:

In a medium pot, combine the **rice**, **turmeric**, a **big pinch of salt**, a **drizzle of olive oil** and **1½ cups of water**. Heat to boiling on high, then reduce heat to low. Cover and simmer 16 to 18 minutes, or until all the liquid is absorbed. Fluff the finished rice with a fork.



Cook the steak:

Pat the **steaks** dry with paper towels. Season both sides with salt and pepper, then thinly coat the steaks in the **ancho chile-flour mixture**, tapping off any excess. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated steaks** and cook 1 to 2 minutes per side for medium, or until the desired doneness. Transfer the steak to a plate, leaving any fat in the pan, and let rest for at least 5 minutes. Cover the plate loosely with foil to keep the steaks warm.



Cook the vegetables:

If the pan with the reserved beef fat is dry, add a little more olive oil, then heat on medium until hot. Add the **garlic**, **onion** and **green pepper** and cook 5 to 6 minutes, or until softened, stirring occasionally. Stir in the **olives**, **cumin**, **raisins**, **tomato paste** and **half of the oregano**; cook 30 seconds to 1 minute, or until thoroughly combined.



Make the sauce:

To the vegetables, add **1/2 cup of water**, scraping up any brown bits at the bottom of the pan. Cook 1 to 2 minutes, or until the sauce thickens slightly, stirring frequently. Season with salt and pepper to taste.



Plate your dish:

Stir any juices on the plate from the cooked steaks into the vegetables. To plate your dish, divide the yellow rice between 2 plates. Top each with a piece of steak and some sauce. Garnish with the **remaining chopped oregano**. Enjoy!