

Braised Chuck Steaks With Savory Lentils

This recipe features slow simmered Chuck Blade Steaks with onions, carrots and lentils lightly flavored with cumin.



INGREDIENTS

- 2 pounds beef chuck blade steaks, cut 3/4 to 1 inch thick
- 2-1/4 cups water
- 1 medium onion, finely chopped
- 2 bay leaves
- 1 cup uncooked lentils, rinsed
- 2 small carrots, diced
- 1/2 teaspoon ground cumin



2.50
Hours



6
Servings



42 Cal



31g
Protein

COOKING

1. Heat large nonstick skillet over medium heat until hot. Place beef steaks in skillet; brown evenly. Pour off drippings; season with salt and pepper, as desired.
2. Add water, onion and bay leaves to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 hours. Add lentils, carrots and cumin to skillet; return to a boil. Continue simmering, covered, 30 to 45 minutes or until lentils and beef are fork-tender. Discard bay leaves.
3. Carve steaks into thin slices. Serve with lentils. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		11g	71mg		25g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com