

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

[illegible]

2.50
Hours



6
Servings



42 Cal



31g
Protein

[illegible]

[illegible]

2-1/4 cups water

2-1/4 cups water

2-1/4 cups water

[illegible]

2-1/4 cups water

2-1/4 cups water

2-1/4 cups water

2-1/4 cups water

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1 medium onion, finely chopped

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[illegible]

[illegible]

[illegible]

2 bay leaves

2 bay leaves

2 bay leaves

2 bay leaves

1 cup uncooked lentils, rinsed

[illegible]

[illegible]

[illegible][illegible]

[illegible]

[illegible]

[illegible]

2 small carrots, diced

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1/2 teaspoon ground cumin

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[illegible]

[illegible]

1/2 teaspoon ground cumin

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. Heat large nonstick skillet over medium heat until hot. Place beef Chuck Blade Steaks in skillet; brown evenly. Pour off drippings; season with salt and pepper, as desired.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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