

Pepper-Ancho Rubbed Ribeye Filets With Mango Slaw

Treat yourself to these beef steaks rubbed with a Mexican-flavored mixture of fresh thyme and ancho chili served with a fresh homemade cabbage, mango and avocado slaw.

INGREDIENTS

2 beef Ribeye Filets, cut 1-3/4 to 2 inches thick (about 1 pound)

1/4 cup fresh lime juice

1/2 teaspoon salt

1/4 teaspoon ancho chile powder

1/3 cup olive oil

1 package (1 pound) coleslaw mix (about 6 cups)

1 cup diced fresh or jarred mango

1 medium avocado, thinly sliced

1/4 cup diced red onion

1/4 cup chopped fresh cilantro

2 teaspoons chopped fresh thyme

1 teaspoon ancho chile powder

1/2 teaspoon coarse grind black pepper

1/4 teaspoon ground red pepper



1.25
Hours



4
Servings



42 Cal



28g
Protein

COOKING



1. To prepare Slaw, combine lime juice, salt and chile powder in small bowl; gradually whisk in oil until blended. Set aside. Combine remaining slaw ingredients in large bowl. Add dressing; toss gently to coat. Let stand while preparing beef or refrigerate, covered, up to 4 hours.

2. Preheat oven to 350°F. Combine Rub ingredients; press evenly onto beef filets. Heat heavy, ovenproof, nonstick, skillet over medium heat until hot. Place filets in skillet and brown 2 minutes; turn filets over and place skillet into preheated oven.

3. Cook in 350°F oven 20 to 24 minutes for medium rare; 25 to 28 minutes for medium doneness. Remove from oven when internal temperature reaches 135°F for medium rare; 150°F for medium. Transfer filets to carving board; tent loosely with aluminum foil. Let stand 5 to 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

4. Carve filets into slices; serve with slaw.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		32g	70mg		19g	28g	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