

# Pepper-Rubbed Beef Chuck Eye Steak

Try this peppery steak tonight! Beef Chuck Eye Steak served with a red wine sauce.

## INGREDIENTS

- 1 beef Chuck Eye Steak (about 1 pound)
- 1 teaspoon cracked black pepper or mixed cracked peppercorns (black, white, green and pink)
- 1 teaspoon minced garlic
- 2 teaspoons vegetable oil
- 1/2 cup beef broth
- 1/4 cup dry red wine



30 Min



4  
Servings



42 Cal



22g  
Protein

## COOKING

1. Combine pepper and garlic; press evenly onto beef Chuck Eye Steak. Heat oil in large nonstick skillet over medium heat until hot. Place steak in skillet; cook 8 to 11 minutes for medium rare (145°) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.

2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to skillet are dissolved and sauce is reduced by half.

3. Serve steak with sauce.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		19g	75mg		1g	22g	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