

DINNER

Beef and Couscous Skillet Dinner

20 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$4.15	551 kcal

Beef and Couscous Skillet Dinner is a main course that serves 4. For \$4.15 per serving, this recipe covers 34% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 48g of protein, 21g of fat, and a total of 551 calories. 1 person were impressed by this...

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 14¼ ounce no-salt-added beef broth
canned
- ☐ 1 cup couscous, uncooked
- ☐ 1 teaspoon olive oil
- ☐ ¼ teaspoon salt
- ☐ 1 pound lean boneless top sirloin steak
- ☐ ½ cup lightly packed sliced fresh basil
- ☐ 2 cups frozen broccoli, carrot, and cauliflower
mix, thawed
- ☐ 2 cloves garlic, minced
- ☐ ¼ teaspoon freshly ground pepper
- ☐ 1½ cups seeded, coarsely chopped tomato

EQUIPMENT Frying pan

Method

- 1

Trim fat from steak; slice steak in half lengthwise. Slice halves into 1/4-inch-wide strips.
- 2

Sprinkle with salt and pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- 3

Add meat, and cook 5 to 7 minutes or until browned on all sides.

- 4 Remove meat from skillet; keep warm.
- 5 Add oil to skillet.
- 6 Place over medium-high heat until hot.
- 7 Add garlic; saute 30 seconds.
- 8 Add vegetable mix and broth. Bring to a boil; cover, reduce heat, and simmer 4 minutes or until vegetables are crisp-tender. Stir in meat and couscous; cover and let stand 5 minutes or until liquid is absorbed.
- 9 Add tomato, basil, and vinegar; stir well.

Nutrition per serving

551	48 g	21 g	41 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.5 g · 41% of daily needs
Fibre			4.1 g · 16% of daily needs
Sugar			3.4 g · 4% of daily needs
Sodium			1,462 mg · 64% of daily needs
Cholesterol			121 mg · 40% of daily needs
Vitamin C			75.2 mg · 91% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/beef-and-couscous-skillet-dinner-143966