



Beef with Pizzaiola Sauce

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon freshly basil leaves chopped
- 1 bay leaf
- 1.5 pound beef shoulder
- 29 ounces canned tomatoes crushed canned
- 2 cloves garlic minced
- 1 bell pepper green seeds removed and sliced julienne
- 1 tablespoon olive oil
- 2 tablespoons olive oil

- 1 onion diced
- 2 teaspoon freshly oregano leaves chopped
- 2 tablespoons freshly parsley leaves chopped
- 2 tablespoons irvine spices garlic pepper
- 0.3 cup pepperoncini from a jar for garnish
- 1 bell pepper red seeds removed and sliced julienne
- 2 tablespoons irvine spices smokey rotisserie seasoning

Equipment

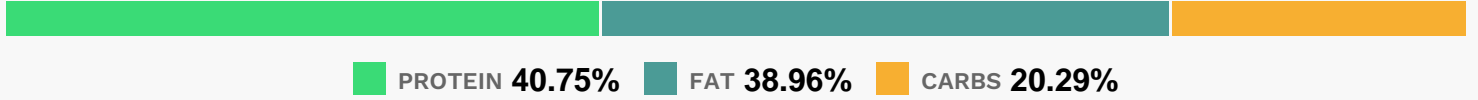
- bowl
- frying pan
- oven
- plastic wrap
- kitchen thermometer
- aluminum foil

Directions

- Rinse beef shoulder to remove any unwanted smells, pat dry with paper toweling, and place on a utility platter. In a small bowl, make the rub for the beef by combining Smokey Rotisserie Seasoning and Garlic Pepper. Rub the seasonings into all surfaces of the beef, cover with a sheet of plastic wrap and set aside for at least 30 minutes and up to 2 hours at room temperature. (The seasonings will actually begin to "cure" the meat.);
- Heat the olive oil in a large saute pan and cook the onions, garlic, and red and green peppers until the onions begin to turn translucent and the peppers begin to soften, being careful not to burn the garlic. Stir in the parsley, basil, and oregano.
- Add the crushed tomatoes and bay leaf. Over medium heat, bring the mixture to a boil, then reduce heat and allow to simmer for about 20 minutes.
- Preheat oven to 425 degrees F.
- In an oven proof skillet heat 1 tablespoon olive oil over high heat, and sear all sides of beef. Cover pan (with lid or foil) and transfer to oven to finish, bringing to an internal temperature of 115 degrees F, on an instant-read thermometer, for medium-rare (about 30 minutes).

- Remove from oven and let rest for 10 minutes.
- Slice beef into steaks, and transfer to serving dish. Reheat pizziola sauce if necessary, remove bay leaf, and spoon over meat.
- Garnish with the pepperoncini.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:23.878695293613%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 257.23kcal (12.86%), Fat: 11.37g (17.49%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 9.73g (3.54%), Sugar: 6.43g (7.15%), Cholesterol: 68.89mg (22.96%), Sodium: 198.07mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.51%), Vitamin C: 47mg (56.98%), Zinc: 7.3mg (48.69%), Vitamin B12: 2.81µg (46.78%), Vitamin B6: 0.87mg (43.41%), Selenium: 28.85µg (41.21%), Manganese: 0.77mg (38.69%), Vitamin B3: 6.42mg (32.11%), Vitamin K: 33.63µg (32.03%), Iron: 4.9mg (27.22%), Phosphorus: 262.89mg (26.29%), Potassium: 740.49mg (21.16%), Vitamin E: 2.62mg (17.48%), Vitamin A: 873.18IU (17.46%), Copper: 0.32mg (16.14%), Vitamin B2: 0.27mg (15.9%), Fiber: 3.6g (14.38%), Magnesium: 54.26mg (13.57%), Vitamin B1: 0.18mg (11.89%), Vitamin B5: 1.02mg (10.18%), Folate: 35.02µg (8.75%), Calcium: 83.16mg (8.32%)