



Grillades and Gravy over Grits

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons pepper black divided
- ☐ 14 ounce beef broth low-sodium canned
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup celery chopped
- ☐ 4 cups grits hot cooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons basil fresh minced

- ☐ 0.3 cup parsley fresh minced
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 8 cloves garlic fresh minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions sliced
- ☐ 2.3 ounce olives ripe sliced canned
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds breakfast steaks thin
- ☐ 4 teaspoons vegetable oil divided
- ☐ 1 cup onion diced white

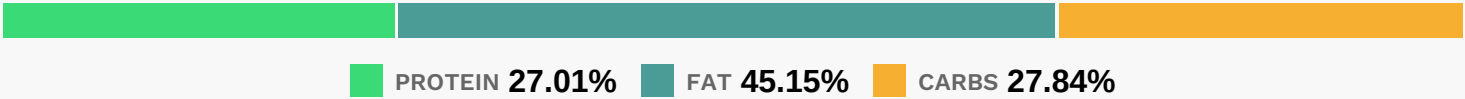
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 teaspoons oil in a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle steak with salt and 1 teaspoon black pepper.
- ☐ Add one-third of steak to pan; cook 45 seconds on each side.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining steak.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add white onion, celery, bell pepper, and garlic; saut 3 minutes or until vegetables are tender.
- ☐ Sprinkle flour over vegetables, and stir well to combine.
- ☐ Add the diced tomatoes, tomato sauce, and olives; stir well to combine.
- ☐ Add broth; stir until well blended.
- ☐ Add remaining 1 teaspoon black pepper, basil, thyme, and hot pepper sauce.
- ☐ Return steak to pan; bring to a boil. Reduce heat, and simmer 1 hour or until steak is tender. Stir in green onions and parsley.
- ☐ Serve over grits.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:21.686086996742%

Flavonoids

Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 398.71kcal (19.94%), Fat: 20.34g (31.29%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 24.6g (8.95%), Sugar: 4.79g (5.32%), Cholesterol: 69.17mg (23.06%), Sodium: 646.35mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Vitamin K: 58.74µg (55.94%), Selenium: 32.74µg (46.77%), Zinc: 6.35mg (42.35%), Vitamin B3: 7.7mg (38.47%), Vitamin B6: 0.7mg (34.95%), Vitamin B12: 1.88µg (31.37%), Vitamin C: 21.34mg (25.87%), Vitamin B2: 0.42mg (24.75%), Iron: 4.16mg (23.14%), Phosphorus: 225.23mg (22.52%), Potassium: 781.83mg (22.34%), Vitamin B1: 0.31mg (20.94%), Manganese: 0.36mg (18.16%), Folate: 63.49µg (15.87%), Fiber: 3.62g (14.48%), Copper: 0.27mg (13.53%), Magnesium: 53.85mg (13.46%), Vitamin A: 607.1IU (12.14%), Vitamin E: 1.68mg (11.2%), Calcium: 59.83mg (5.98%), Vitamin B5: 0.38mg (3.79%)