



Grilled Rib Eye with Tomato and Poblano Chile Sauce

READY IN



110 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 1.3 teaspoons pepper black freshly ground
- ☐ 1 cup tomatoes canned crushed
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon fennel seeds
- ☐ 2 cloves garlic finely chopped
- ☐ 2.5 teaspoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon mexican oregano dried
- ☐ 10 ounces poblano chiles
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 32 ounce eye steaks each
- ☐ 1 tablespoon tomato paste
- ☐ 4 servings vegetable oil for brushing

Equipment

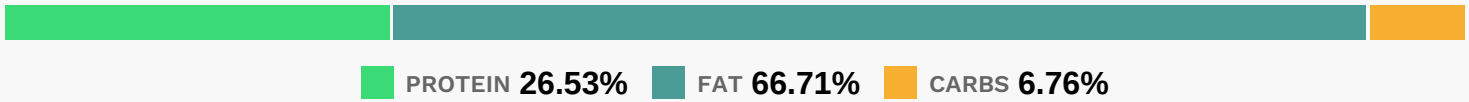
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ mortar and pestle
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the chiles directly over a gas flame or place on a grill until blackened on all sides and softened, 5 to 6 minutes.
- ☐ Place the roasted chiles in a bowl. Cover and let them steam, 10 to 15 minutes. Peel the chiles.
- ☐ Cut off the stems, cut the chiles lengthwise in half and scrape out any seeds. Roughly chop the chiles.
- ☐ Combine the oregano, fennel seeds and crushed red pepper in a mortar. Grind with a pestle to a coarse powder.
- ☐ Heat the olive oil in a medium skillet over medium heat.
- ☐ Add the herb mixture and stir until fragrant and the oil is bubbling, 1 to 2 minutes.
- ☐ Add the garlic and stir 30 seconds.

- ☐ Add the crushed tomatoes, broth, tomato paste and the chopped poblanos. Bring to a simmer, whisking to blend. Reduce the heat to low and simmer for 5 minutes to blend the flavors. Season with salt and pepper.
- ☐ For the steaks: In a small bowl, stir the cornstarch, salt and pepper to blend evenly. Rub a generous 1/2 teaspoon of the seasoning mixture over each side of each steak to coat. Arrange the steaks on a baking sheet and freeze for 30 minutes.
- ☐ Preheat a ridged grill pan (preferably cast iron) over high heat for 4 to 5 minutes.
- ☐ Brush the pan with oil. Cook the steaks until the bottom is crusty, about 5 minutes. Flip the steaks over and cook again until the bottom is crusty, but the center is still medium-rare, about 4 minutes longer.
- ☐ Transfer the steaks to a platter or individual plates.
- ☐ Let stand 5 minutes. Spoon the sauce alongside.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:32.578260960786%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.35mg, Luteolin: 3.35mg, Luteolin: 3.35mg, Luteolin: 3.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 710.84kcal (35.54%), Fat: 53.52g (82.34%), Saturated Fat: 17.49g (109.28%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 8.85g (3.22%), Sugar: 4.93g (5.47%), Cholesterol: 138.35mg (46.12%), Sodium: 1742.91mg (75.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.89g (95.79%), Selenium: 56.4µg (80.57%), Zinc: 11.99mg (79.91%), Vitamin C: 63.95mg (77.51%), Vitamin B12: 3.78µg (62.92%), Vitamin B3: 12.52mg (62.58%), Vitamin B6: 1.2mg (60.01%), Vitamin K: 51.32µg (48.87%), Phosphorus: 371.74mg (37.17%), Vitamin B2: 0.61mg (36.07%), Iron: 5.73mg (31.82%), Potassium: 992.93mg (28.37%), Vitamin E: 3.6mg (24.03%), Manganese: 0.4mg (20.24%), Vitamin B1: 0.29mg (19.65%), Copper: 0.38mg (18.76%), Magnesium: 74.46mg (18.61%), Fiber: 3.35g (13.42%), Vitamin A: 531.39IU (10.63%), Calcium: 74.47mg (7.45%), Folate: 25.68µg (6.42%), Vitamin B5: 0.28mg (2.78%), Vitamin D: 0.23µg (1.51%)