



Make-ahead Meal 3 Minute Steak Hoagies with Homemade Steak Sauce

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



496 kcal

Ingredients

- ☐ 1 baby arugula
- ☐ 1 cup beef stock
- ☐ 1 tablespoon peppercorns black
- ☐ 1 fresno chile pepper red
- ☐ 1 tablespoon high temperature cooking oil recommended: canola or peanut oil
- ☐ 1 teaspoon mustard seed dry
- ☐ 0.3 cup cooking sherry dry
- ☐ 1.3 pounds flank steak

- ☐ 2 large bay leaves fresh
- ☐ 2 large cloves garlic
- ☐ 1 cup low-sugar ketchup organic
- ☐ 1 large shallots coarsely chopped
- ☐ 4 hoagie rolls
- ☐ 2 tablespoons tamari sauce
- ☐ 0.3 cup worcestershire sauce

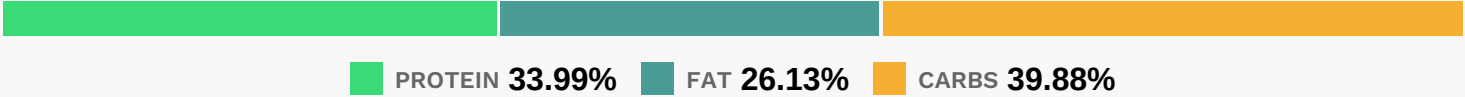
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the make-ahead sauce: In food processor bowl, combine the shallot, chile, garlic, bay leaves, mustard seed, sherry, Worcestershire sauce, and peppercorns, process into a smooth paste.
- ☐ Place the flavor paste in a pot and combine with the ketchup, soy, and stock. Bring the mixture to a boil, reduce the heat to a simmer and cook 30 minutes. Cool and refrigerate for make-ahead meal.
- ☐ Preheat the oven to 325 degrees F to crisp the bread.
- ☐ Reheat the sauce over medium-low heat.
- ☐ Place the flank steak in the freezer 5 minutes or until cold.
- ☐ Remove and shred or cut the cold flank steak against the grain. Throw the bread in the oven to crisp it up. In a skillet, heat the high-temperature oil over high heat until it smokes.
- ☐ Add the meat and toss 2 minutes. Turn off the heat and combine with warm sauce.
- ☐ Cut the rolls open and stuff the hoagies with spicy greens and hot-n-saucy steak.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:24.16, Inflammation Score:-5, Nutrition Score:22.796086933302%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 496.21kcal (24.81%), Fat: 13.28g (20.42%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 43.3g (15.75%), Sugar: 11.6g (12.89%), Cholesterol: 85.05mg (28.35%), Sodium: 1216.74mg (52.9%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 38.85g (77.69%), Iron: 14.72mg (81.76%), Selenium: 44.74µg (63.91%), Vitamin B6: 1.02mg (51.23%), Vitamin B3: 10.07mg (50.36%), Zinc: 5.77mg (38.48%), Phosphorus: 351mg (35.1%), Potassium: 865.57mg (24.73%), Manganese: 0.49mg (24.26%), Vitamin C: 19.52mg (23.66%), Vitamin B12: 1.29µg (21.5%), Vitamin B2: 0.28mg (16.21%), Magnesium: 54.34mg (13.58%), Copper: 0.24mg (12.19%), Vitamin B1: 0.16mg (10.92%), Vitamin K: 10.82µg (10.3%), Vitamin B5: 1.03mg (10.27%), Fiber: 2.28g (9.13%), Calcium: 83.39mg (8.34%), Vitamin E: 1.19mg (7.94%), Folate: 29.74µg (7.44%), Vitamin A: 149.93IU (3%)