



Sliced Steak Sloppy Johnnies

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons agave syrup
- ☐ 2 small sprigs a sprinkle of leaves dried fresh generous
- ☐ 0.5 cup beef stock
- ☐ 4 servings celery salt
- ☐ 24 inch ciabatta bread split toasted
- ☐ 3 tablespoons brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 32 ounce flat iron steaks thin cut or any tender steak, no more than

- ☐ 2 large cloves garlic finely chopped
- ☐ 2 large cloves garlic sliced
- ☐ 4 servings coarsely ground pepper black
- ☐ 1 cup catsup organic
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for liberal drizzling
- ☐ 4 servings giardiniera pickled vegetables italian hot drained chopped
- ☐ 4 servings toppings: such as pickles chopped
- ☐ 4 servings onion raw red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 sprigs rosemary
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 medium shallots peeled
- ☐ 2 cups slaw salad mix shredded
- ☐ 3 tablespoons worcestershire sauce

Equipment

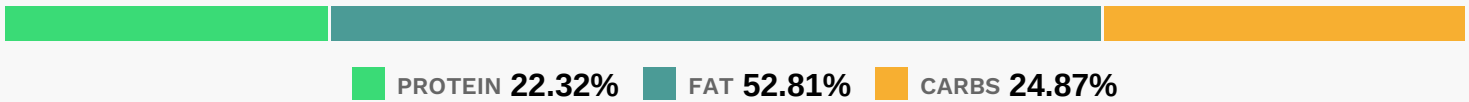
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Bring the steaks to room temperature before cooking.
- ☐ Put them in a shallow dish and rub both sides of the meat liberally with garlic. Season with marjoram, rosemary, and salt and pepper, to taste.

- ☐ Drizzle with a liberal dose of extra-virgin olive oil and let marinate for 15 minutes.
- ☐ Preheat a cast iron griddle or large grill pan over medium-high heat. Grill the steaks for 4 minutes on each side for medium-rare.
- ☐ Remove the steaks from the grill to a cutting board and let rest for a few minutes before thinly slicing against the grain.
- ☐ In a small pot over medium heat, add the beef stock, ketchup, chopped garlic, Worcestershire, dark brown sugar, vinegar and lots of black pepper, to taste. Bring to a boil, then reduce the heat and simmer for 20 minutes for the perfect sloppy sauce. Cook's Note: Try the same sauce recipe atop of thinly sliced grilled chicken breast or thighs for sloppy sliced chickenwiches.
- ☐ Grate the shallot into a bowl and add the mustard, agave or sugar, and wine vinegar.
- ☐ Whisk in extra-virgin olive oil until well combined.
- ☐ Add the slaw and toss to coat. Season with celery salt, and salt and pepper, to taste.
- ☐ Pile the sliced meat on the bottom halves of the bread and top each with lots of sauce, slaw and onions and/or hot vegetable relish and pickles. Cover with the top half of the bread and serve.

Nutrition Facts



Properties

Glycemic Index:110.52, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:43.878695695297%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 883.48kcal (44.17%), Fat: 52.55g (80.85%), Saturated Fat: 13.01g (81.29%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 49.52g (18.01%), Sugar: 27.51g (30.57%), Cholesterol: 149.69mg (49.9%), Sodium: 1826.34mg (79.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.96g (99.92%), Vitamin B12: 11.45µg (190.89%), Zinc: 16.44mg (109.59%), Vitamin A: 5128.89IU (102.58%), Selenium: 70.83µg (101.18%), Vitamin B6:

1.18mg (58.98%), Vitamin K: 57.88µg (55.13%), Phosphorus: 537.6mg (53.76%), Vitamin B3: 10.34mg (51.68%), Vitamin B2: 0.8mg (46.89%), Iron: 8.19mg (45.49%), Potassium: 1413.14mg (40.38%), Vitamin E: 5.39mg (35.9%), Vitamin C: 29.58mg (35.86%), Vitamin B1: 0.43mg (28.71%), Manganese: 0.57mg (28.33%), Vitamin B5: 2.51mg (25.05%), Copper: 0.5mg (24.87%), Fiber: 6.16g (24.63%), Magnesium: 95.9mg (23.98%), Folate: 64.31µg (16.08%), Calcium: 134.87mg (13.49%)