

Dijon Pepper Steak

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Servings: 6

6 pieces beef sirloin steak
2 tablespoons oil
2 cups baby carrots
1 sliced onion
1 can (11 ounce) cream of celery soup
2 tablespoons Dijon mustard
parsley (for garnish)

In a skillet, heat the oil. Brown the beef.

In a slow cooker, place the carrots and onion.

Top the vegetables with the browned beef.

In a bowl, stir together the soup and mustard.
Pour over the meat.

Cook on LOW for 7 to 8 hours.

Serve with hot cooked penne pasta and garnish
with parsley.

Per Serving (excluding unknown items): 327 Calories; 21g Fat (57.3% calories from fat); 25g Protein; 10g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 307mg Sodium. Exchanges: 3 1/2 Lean Meat; 2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	327
% Calories from Fat:	57.3%
% Calories from Carbohydrates:	12.1%
% Calories from Protein:	30.6%
Total Fat (g):	21g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	79mg
Carbohydrate (g):	10g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	38mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 25g
Sodium (mg): 307mg
Potassium (mg): 617mg
Calcium (mg): 41mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 11889IU
Vitamin A (r.e.): 1189RE

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 327 **Calories from Fat:** 187

% Daily Values*

Total Fat	21g	32%
	Saturated Fat 7g	33%
Cholesterol	79mg	26%
Sodium	307mg	13%
Total Carbohydrates	10g	3%
	Dietary Fiber 2g	8%
Protein	25g	

Vitamin A	238%
Vitamin C	13%
Calcium	4%
Iron	20%

** Percent Daily Values are based on a 2000 calorie diet.*