

Biste Entomado

*The Riverside Hotel - Hot Sulphur Springs, CO
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 2

*1 pound tenderloin or club steak,
thinly sliced
5 tablespoons olive oil
granulated garlic (to taste)
salt (to taste)
freshly ground pepper (to taste)
pinch oregano
1 small green bell pepper, sliced into
thin strips
1 small onion, sliced into thin strips
1/4 cup tomato sauce
1/4 cup tomato paste*

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In a skillet, saute' the steak strips in three tablespoons of olive oil, adding the garlic, black pepper, salt and a pinch of oregano. Saute' until the steak is slightly brown and still rare or medium rare.

In a separate skillet, saute' the bell pepper and onion in two tablespoons of the olive oil, adding the tomato paste and tomato sauce when the onions are translucent. Continue to saute' for 3 minutes.

Place the steak slices on plates and top with the saute'd tomato mixture.

Per Serving (excluding unknown items): 371 Calories; 34g Fat (79.5% calories from fat); 3g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 447mg Sodium. Exchanges: 3 Vegetable; 7 Fat.

Beef

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 371 | Vitamin B6 (mg): | .4mg |
| % Calories from Fat: | 79.5% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 17.7% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 2.9% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 34g | Folacin (mcg): | 34mcg |
| Saturated Fat (g): | 5g | Niacin (mg): | 2mg |
| Monounsaturated Fat (g): | 25g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 3g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Daily Value: | n n% |
| | 17g | | |

Food Exchanges

| | | | |
|---------------------------|-----------|-----------------------------|---|
| Carbohydrate (g): | | Grain (Starch): | 0 |
| Dietary Fiber (g): | 4g | Lean Meat: | 0 |
| Protein (g): | 3g | Vegetable: | 3 |
| Sodium (mg): | 447mg | Fruit: | 0 |
| Potassium (mg): | 612mg | Non-Fat Milk: | 0 |
| Calcium (mg): | 32mg | Fat: | 7 |
| Iron (mg): | 1mg | Other Carbohydrates: | 0 |
| Zinc (mg): | 1mg | | |
| Vitamin C (mg): | 72mg | | |
| Vitamin A (i.u.): | 1477IU | | |
| Vitamin A (r.e.): | 147 1/2RE | | |

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 371 **Calories from Fat:** 295

% Daily Values*

| | | |
|--------------------------------|--|-----|
| Total Fat 34g | | 53% |
| Saturated Fat 5g | | 23% |
| Cholesterol 0mg | | 0% |
| Sodium 447mg | | 19% |
| Total Carbohydrates 17g | | 6% |
| Dietary Fiber 4g | | 15% |
| Protein 3g | | |

| | |
|------------------|------|
| Vitamin A | 30% |
| Vitamin C | 121% |
| Calcium | 3% |
| Iron | 8% |

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