

Beef

Cubed Steak Dinner

Taste of Home One-Dish Meals

Servings: 2

2 4-ounce cubed steaks
2 tablespoons canola oil, divided
1/4 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon pepper
2 slices provolone cheese
1/2 cup onions, sliced
1 clove garlic
2 green pepper rings
sweet red pepper rings

In a large skillet, cook steaks in one tablespoon of oil over medium heat until no longer pink. Sprinkle with the oregano, salt and pepper. Top each with a slice of cheese; cover and cook for 1 minute or until melted.

Remove and keep warm. Drain drippings. In the same skillet, saute' the onion, garlic and pepper rings in remaining oil until tender. Spoon over steaks.

Per Serving (excluding unknown items): 139 Calories; 14g Fat (86.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat.