

Cuban Flank Steak-Pepper Soup with Olive Relish

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Servings: 8

*1 1/2 pounds flank steak
1 tablespoon olive oil
2 onions, peeled and diced
1 red sweet pepper, seeded and diced
1 orange sweet pepper, seeded and diced
1 can (14 to 15 ounce) no-sodium black beans, rinsed and drained
1 cup frozen corn kernels, thawed
3 cups reduced-sodium chicken broth
1 tablespoon sherry vinegar
1 bay leaf
1/2 teaspoon black pepper
1 1/2 teaspoons ground cumin
1 teaspoon garlic, minced
1 tablespoon tomato paste
1 cup canned, diced reduced-salt fire-roasted tomatoes
4 slices baguette, sliced 1/4-inch thin and toasted
OLIVE RELISH
1/4 cup green olives, drained and coarsely chopped
1/4 cup golden raisins, coarsely chopped
1 teaspoon capers, drained and rinsed
2 teaspoons fresh parsley, finely chopped*

Preparation Time: 20 minutes

Slow Cooker: 8 hours

Preheat the broiler to high.

Cut the flank steak into two crosswise pieces. Brush each piece on both sides with olive oil.

Broil about four inches from the heat for 2 to 3 minutes on each side or until well browned. Transfer the steak to a four-quart slow cooker.

Add the onions, red pepper, orange pepper, beans, corn, broth, vinegar, bay leaf, black pepper, cumin, garlic, tomato paste and tomatoes.

Cover and cook on LOW heat for eight hours. Using tongs, remove the flank steak from the slow cooker. Transfer to a cutting board. Using two forks, shred the steak.

Make the Olive Relish: In a small bowl, combine the olives, raisins, capers and parsley.

Ladle the soup among four warmed soup bowls. Divide the flank steak among the bowls, a mound of steak in the center of each.

If desired, spread one tablespoon of the olive relish on toasted baguette. Place the bread on the shredded steak.

Per Serving (excluding unknown items): 840 Calories; 18g Fat (19.6% calories from fat); 38g Protein; 130g Carbohydrate; 8g Dietary Fiber; 43mg Cholesterol; 1500mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	840
% Calories from Fat:	19.6%
% Calories from Carbohydrates:	62.3%
% Calories from Protein:	18.1%
Total Fat (g):	18g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	43mg
Carbohydrate (g):	130g
Dietary Fiber (g):	8g
Protein (g):	38g
Sodium (mg):	1500mg
Potassium (mg):	706mg
Calcium (mg):	193mg
Iron (mg):	8mg
Zinc (mg):	5mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	91IU
Vitamin A (r.e.):	9RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	90mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	8
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 840 Calories from Fat: 164

% Daily Values*

Total Fat	18g	28%
Saturated Fat	6g	28%
Cholesterol	43mg	14%
Sodium	1500mg	62%
Total Carbohydrates	130g	43%
Dietary Fiber	8g	33%
Protein	38g	

Vitamin A	2%
Vitamin C	8%
Calcium	19%
Iron	45%

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