
Pan-Seared Steaks with Roasted Red Pepper Sauce

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 15 minutes

1 teaspoon roasted garlic-pepper seasoning (or 1/2 teaspoon black pepper and 1/2 teaspoon garlic powder

1/2 teaspoon table salt, divided

4 (four ounce) lean boneless beef tenderloin steaks (one inch thick)

1 jar (7 ounce) roasted red peppers in water, drained

In a bowl, combine the garlic-pepper seasoning and 1/4 teaspoon of salt. Rub both sides of the steak with the pepper mixture.

Place a large non-stick skillet coated with cooking spray over medium-high heat until hot. Add the steaks. Cook for 2 to 3 minutes on each side or until done.

While the steaks cook, place the peppers and remaining 1/4 teaspoon of salt in the container of a blender. Cover and blend until smooth.

Serve the steaks with the roasted red pepper sauce.

Beef

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 291mg Sodium. Exchanges: .