

Quick Paprika Steaks with Tomato Gravy

START TO FINISH 30 minutes

- ¼ cup all-purpose flour
- 1 tsp. paprika
- ½ tsp. salt
- ¼ to ½ tsp. ground black pepper
- 4 4-oz. beef breakfast or skillet steaks, about ½ inch thick
- 3 Tbsp. olive oil
- 2 oz. queso fresco or Monterey Jack cheese, thinly sliced
- 6 medium tomatoes, seeded and cut up
- 6 cloves garlic, minced
- 1 to 2 Tbsp. snipped fresh sage
- ½ tsp. ground black pepper
- ¼ tsp. salt
- Arugula (optional)

1. In a shallow dish stir together flour, paprika, the ½ teaspoon salt, and the ¼ to ½ teaspoon pepper. Dip steaks into flour mixture, turning to coat (reserve any remaining flour mixture). In an extra-large skillet heat 1 tablespoon of the oil over medium-high heat. Reduce heat to medium. Cook steaks in hot oil for 8 to 10 minutes for medium (160°F), turning once and topping with cheese for the last 2 minutes of cooking. Remove steaks from skillet; keep warm.

2. Meanwhile, place tomatoes in a food processor. Cover and process with on-off pulses until tomatoes are coarsely chopped.

3. For tomato gravy, in the same skillet heat the remaining 2 tablespoons oil over medium heat. Add garlic; cook and stir about 1 minute or until golden. Stir in tomatoes, sage, the ½ teaspoon pepper, the ¼ teaspoon salt, and any remaining flour mixture. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until gravy reaches desired consistency.

4. If desired, line individual plates with arugula. Divide steaks among plates. Spoon some of the tomato gravy over steaks; pass the remaining gravy. **Makes 4 servings.**

PER SERVING 365 cal., 21 g fat (6 g sat. fat), 77 mg chol., 615 mg sodium, 16 g carb., 3 g fiber, 29 g pro.

