



## Espresso Minute Steaks

Serves 4

Preparation time: 5 minutes, Cooking time: 8 minutes

*Minute steaks, thin cuts of round steak, actually take about a minute and a half to cook. Talk about fast! A coffee-based reduction adds boldness to the dish.*

- ½ cup strong coffee, or 1 tsp instant coffee granules dissolved in ½ cup water
- 2 tsp Worcestershire sauce (lowest sodium available)
- 2 tsp balsamic vinegar
- 1/4 tsp salt
- 1 tsp canola or corn oil and 1 tsp canola or corn oil, divided use
- 4 minute steaks or thin round steaks (about 4 ounces each), all visible fat discarded
- 2 tsp finely chopped green onions (optional)

In a small bowl, stir together the coffee, Worcestershire sauce, vinegar, and salt. Set aside.

In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook 2 steaks for 1 minute. Turn over. Cook for 30 seconds, or until barely pink in the center. Transfer to a platter. Cover to keep warm. Repeat with the remaining 1 teaspoon oil and remaining steaks.

Stir the coffee mixture into the pan drippings, scraping to dislodge any browned bits. Bring to a boil over medium-high heat. Boil for 3 minutes, or until the mixture is reduced to 2 tablespoons, stirring frequently. Pour over the beef. Sprinkle with the green onions

**Cook's Tip:** Cooking the steaks in two batches ensures that they have more room and thus will brown, not stew.

### Nutritional Analysis

Serving Size: 3 ounces beef

Calories	158
Fat	5.0g
Saturated Fat	1.0g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	2.5g
Cholesterol	58mg
Sodium	219mg
Carbohydrates	1g
Dietary Fiber	0g
Sugars	1g
Protein	26g

**Dietary Exchanges:** 3 lean meat

Courtesy of the American Heart Association