

# **Black Skillet Beef with Greens and Red Potatoes**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cid=1&rid=198>

## **Ingredients**

- 1 pound top round beef, sliced into long strips 1/8 inch thick and 3 inches wide
- 1 tablespoon paprika
- 1 1/2 teaspoon oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon crushed red pepper
- 1/8 teaspoon dry mustard
- 8 red-skinned potatoes, halved
- 3 cups finely chopped onion
- 2 cups beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled, cut into very thin 2 1/2 inch strips
- 2 bunches (1/2 pound each) mustard greens, kale, or turnip greens, stems removed, coarsely torn
- Nonstick cooking spray

## **Instructions**

1. Combine paprika, oregano, chili powder, garlic powder, ground black pepper, crushed red pepper, and dry mustard into a bowl.
2. Spray a large skillet with nonstick cooking spray, and preheat over high heat.
3. Coat strips of meat with the spice mixture and add them to the preheated skillet. Cook, stirring, for 5 minutes.
4. Add potatoes, onion, beef broth, and garlic. Cover and cook over medium heat for 20 minutes.
5. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
6. Serve in a large serving bowl, with crusty bread for dunking.

**Makes 6 servings**

## **Nutrition information per serving**

Calories: 342	Dietary Fiber: 8 g
Total Fat: 4 g	Sodium: 101 mg
Saturated Fat: 1 g	Protein: 27 g
Cholesterol: 45 mg	Carbohydrates: 56 g

