



## Grilled Steak with Ratatouille Pack



Entire recipe: 347 calories, 6.5g total fat (2g sat. fat), 600mg sodium, 35.5g carbs, 9g fiber, 18.5g sugars, 39.5g protein

**Prep:** 15 minutes    **Cook:** 30 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#)



### Ingredients

1/2 cup canned fire-roasted diced tomatoes, drained  
1/4 cup tomato paste  
2 tbsp. finely chopped fresh basil  
1/2 tsp. chopped garlic  
Dash red pepper flakes  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
3/4 cup cubed eggplant  
1/2 cup chopped red bell pepper  
1/2 cup sliced and halved zucchini  
1/3 cup roughly chopped onion  
One 5-oz. filet raw lean beefsteak  
Dash each salt and black pepper

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

In a medium-large bowl, combine tomatoes, tomato paste, basil, garlic, and red pepper flakes. Add 1/8 tsp. each garlic powder and onion powder. Mix thoroughly.

Add all veggies to the bowl, and stir to coat. Distribute mixture onto the center of the foil.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until veggies are tender.

About 15 minutes before veggies are done cooking, bring a grill pan sprayed with nonstick spray to medium-high heat. Season beef with salt, black pepper, and remaining 1/8 tsp. each garlic powder and onion powder. Grill until cooked to your preference, 4 - 6 minutes per side.

Cut packet to release steam before opening entirely. Serve veggies with steak.

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or

treatment. [Click here](#) for more information.