



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

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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

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