pork steaks with red bean salsa and cumin cabbage salad



APRON'S ADVICE

Complete your meal with fried potatoes, breadsticks, and guava pastries for dessert. You can choose from a variety of beans to make the salsa interesting. Kidney beans, pintos, red beans, or pigeon peas all work well to add color and flavor.

Aprions SIMPLE MEALS

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SHOPPING LIST

Dry Grocery

2 1/2 tsp Complete seasoning 1 (4-oz) can chopped green chiles 1 tsp ground cumin 1 (15.5-oz) can small red beans

Meat

4 bone-in pork (loin or sirloin) steaks (about 3 lb)

Produce

1/4 bunch fresh cilantro 8 oz (1 1/2 cups) fresh pre-diced onions 8 oz (1 1/2 cups) fresh pre-diced tomatoes 2 jalapeño peppers 2 limes (for juice) 1 medium head green cabbage 1 red bell pepper

From Your Pantry

5 tbsp extra-virgin olive oil 1 tsp ground paprika 1/4 tsp kosher salt

COOKING SEQUENCE

- Prepare salad and chilll 15 minutes
- Prepare steaks and salsa; serve 15 minute

pork steaks with red bean salsa

INGREDIENTS

1 jalapeño pepper, finely chopped

4 bone-in pork (loin or sirloin) steaks (about

3 lh)

2 1/2 teaspoons Complete seasoning, divided

1 teaspoon ground paprika

1/4 teaspoon pepper

2 tablespoons extra-virgin olive oil, divided 8 oz fresh pre-diced tomatoes (1 1/2 cups) 8 oz fresh pre-diced onions (1 1/2 cups)

1 (15.5-oz) can small red beans (drained and rinsed)

1 (4-oz) can chopped green chiles

PREP

• Chop jalapeño; place in medium bowl.

STEPS

- 1. Preheat large sauté pan on medium-high 2–3 minutes. Season both sides of pork with 2 teaspoons Complete seasoning, paprika, and pepper (wash hands).
- 2. Place 1 tablespoon of the oil in pan, then add pork; cook 4–5 minutes on each side or until 160°F (for medium).
- 3. Add tomatoes and onions to jalapeños; stir in remaining ingredients (including remaining 1/2 teaspoon Complete seasoning and 1 tablespoon oil) until blended. Serve bean salsa over pork.

CALORIES (per 1/4 recipe) 700kcal; FAT 40g; CHOL 185mg; SODIUM 700mg; CARB 27g; FIBER 8g; PROTEIN 57g; VIT A 15%; VIT C 35%; CALC 15%; IRON 25%

cumin cabbage salad

INGREDIENTS

1/2 medium head green cabbage, finely sliced

1 red bell pepper, thinly sliced

1 jalapeño pepper, finely chopped

1/4 cup fresh cilantro, coarsely chopped

Juice of 2 limes

1 teaspoon ground cumin 1/4 teaspoon kosher salt 1/8 teaspoon pepper

3 tablespoons extra-virgin olive oil

PRFP

- Slice one-half head of cabbage (about 4 cups); place in large bowl.
- Cut peppers and cilantro and add to cabbage; toss to blend.

STEPS

- 1. Squeeze juice of limes into small bowl; add cumin, salt, and pepper. Add oil in small, steady stream, whisking continuously until blended; pour over cabbage mixture and toss to coat. Cover and chill until ready to serve.
- 2. Toss salad until well blended before serving.

CALORIES (per 1/4 recipe) 140kcal; FAT 11g; CHOL 0mg; SODIUM 95mg; CARB 11g; FIBER 4g; PROTEIN 2g; VIT A 25%; VIT C 150%; CALC 6%; IRON 6%

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