



## BEEF TOP LOIN STEAK WITH BALSAMIC PEPPER SAUCE



*Total Recipe Time: 25 to 30 minutes*

**2 beef top loin (strip) steaks, cut 1 inch thick (about 8 ounces each)**  
**1 cup balsamic vinegar**  
**1/2 to 1 teaspoon cracked black pepper**  
**1/4 cup butter, softened**  
**4 teaspoons all-purpose flour**  
**1 cup ready-to-serve beef broth**  
**1/4 teaspoon cracked black pepper**

1. Bring vinegar to a boil in small saucepan; reduce heat to medium. Cook 20 minutes or until vinegar is reduced to 1/4 cup.
2. Meanwhile press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook steaks 12 to 15 minutes for medium rare to medium doneness, turning occasionally. Remove to platter; keep warm.
3. Mix butter and flour in small bowl until smooth. Add reduced vinegar, broth and pepper to same skillet. Gradually whisk in butter mixture until smooth; bring to a boil. Reduce heat; simmer 1 minute, stirring constantly. Serve steaks with sauce.

***Makes 4 servings.***

***Nutrition information per serving:*** 328 calories; 20 g fat (10 g saturated fat; 7 g monounsaturated fat); 81 mg cholesterol; 280 mg sodium; 12 g carbohydrate; 0.2 g fiber; 23 g protein; 3.4 mg niacin; 0.3 mg vitamin B6; 3.1 mcg vitamin B12; 3.1 mg iron; 18.0 mcg selenium; 7.6 mg zinc.