

## Beef Steak and Pepper Sliders

**Total Recipe Time:** 20 to 25 minutes

- 1 pound Top Round Center Steaks, cut 1/2 inch thick
- 1 tablespoon olive oil
- 1 medium red, yellow or green bell pepper, cut lengthwise into quarters, then crosswise into 1/4-inch strips
- 1 small red onion, cut in half, then crosswise into 1/4-inch slices
- 2 teaspoons steak seasoning blend
- 8 small crusty rolls (about 3 inch diameter), split
- 4 slices provolone cheese, cut in half



1. Preheat oven to 350°F. Heat oil in large nonstick skillet over medium-high heat until hot. Add bell pepper and onion; cook and stir 3 to 4 minutes or until crisp-tender. Remove from skillet. Season with salt and ground black pepper, as desired; keep warm.
2. Season beef steaks with steak seasoning. Heat same skillet over medium-high heat until hot. Place steaks in skillet. Do not crowd; cook in batches, if necessary. Cook 5 to 8 minutes for medium rare (145°F) doneness, turning once. Season with salt and ground black pepper, as desired.
3. Meanwhile, place rolls, cut-side up, on baking sheet. Place cheese on roll bottoms. Bake in 350°F oven 3 to 4 minutes or until roll tops are toasted and cheese is melted.
4. Arrange beef evenly over bottom of each roll, cutting steaks, if necessary, to divide evenly. Top evenly with bell pepper and onion mixture. Close sandwiches.

**Makes 8 servings**

**Cook's Tip:** Rolls and cheese may also be broiled. Place on baking sheet as directed above so surface of rolls are 4 to 5 inches from heat. Broil 1 to 1-1/2 minutes or until roll tops are toasted and cheese is melted.

**Nutrition information per serving (1 slider):** 251 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 45 mg cholesterol; 531 mg sodium; 22 g carbohydrate; 1.5 g fiber; 21 g protein; 6.5 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 1.0 mcg vitamin B<sub>12</sub>; 2.4 mg iron; 17.6 mcg selenium; 2.9 mg zinc; 55.1 mg choline.

This recipe is an excellent source of protein, niacin, selenium and zinc; and a good source of vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and choline.

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