

London Broil w/Pizzaiola Sauce

Yield: 6 min
Total Time: 335 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-recipe-for-italian-beef-with-pepperoncini>

Ingredients:

- 2 pounds beef top round roast flank steak works
- 1/2 cup red wine
- 1/4 cup worcestershire sauce
- 2 tablespoons hot sauce frank's red
- 4 cloves garlic cloves thinly sliced
- 1 onions chopped
- 1/4 cup chopped parsley
- 3 tablespoons black pepper
- 3 tablespoons oregano chopped
- 2 tablespoons olive oil
- 1 diced onion
- 2 cloves garlic cloves minced
- 1 red bell pepper sliced
- 1 green bell pepper sliced
- 2 tablespoons chopped parsley freshly
- 1 tablespoon chopped cilantro freshly
- 2 teaspoons oregano freshly chopped
- 32 ounces crushed tomatoes
- 1 bay leaf
- 1/4 cup pepperoncini jar

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 105 milligrams
4. Fat: 27 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 10 grams

8. Sodium: 540 milligrams
 9. Sugar: 4 grams
 10. TransFat: 1.5 grams
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