

Steak Pizzaiola

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/steak-pizzaiola-recipe-italian-food>

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic minced
- 28 ounces tomatoes San Marzano, whole
- kosher salt
- freshly ground black pepper
- 1 tablespoon basil fresh, chopped
- 2 steaks about 1/2 to 3/4-inch thick, each
- kosher salt
- freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves peeled and halved
- 1/4 teaspoon red pepper flakes
- 1 tablespoon oregano fresh, chopped, 1 teaspoon dried...but fresh is best
- 1/2 cup white wine
- 1 tablespoon basil fresh, chopped, for garnish, optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 11 grams
3. Fat: 17 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 410 milligrams
8. Sugar: 6 grams

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