

Steak and Tomato-Basil Pasta

Ingredients:

- 6 beef tenderloin steaks or 3 boneless beef top loin steaks cut 1-inch thick
- 1 pound uncooked penne or mostaccioli pasta
- 1/3 cup thinly sliced fresh basil or 2 teaspoons dried basil leaves
- 1/4 cup grated Romano or Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



Sauce:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 3 large cloves garlic, crushed
- 6 cups chopped plum tomatoes (approximately 3 3/4 pounds)
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Cooking instructions:

1. Cook pasta according to package directions; keep warm.
2. Meanwhile, in a large saucepan or Dutch oven, heat oil over medium heat. Add onion and garlic; cook and stir until tender. Add remaining sauce ingredients. Bring to a boil; reduce heat to low. Simmer, uncovered, 10 minutes, stirring occasionally.
3. Place beef steaks on grid over medium, ash-covered coals. Grill steaks, uncovered, 13 to 15 minutes (15 to 18 minutes for top loin steaks) for medium rare to medium doneness, turning once. Season with salt and pepper. Trim fat from steaks. (Cut top loin steaks crosswise in half.)
4. Combine tomato sauce, basil, cheese and pasta; toss to coat. Serve steaks with pasta.

Makes 6 servings (serving size: 1 steak and 2 1/3 cups pasta)

Total preparation and cooking time: 40 minutes

Nutrition information

Nutrition information per serving (tenderloin): 483 calories; 35 g protein; 55 g carbohydrate; 14 g fat (5 g saturated fat); 6.2 mg iron; 519 mg sodium; 76 mg cholesterol.

Nutrition information per serving (top loin): 480 calories; 35 g protein; 55 g carbohydrate; 13 g fat (4 g saturated fat); 5.2 mg iron; 523 mg sodium; 70 mg cholesterol.

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