



Healthy Dad Recipes

GARLIC BEEF

Yield: 6 servings

Ingredients:

4 pounds	lean steak cut into 1 inch cubes
2	heads!! (not cloves) peeled garlic
2	bay leaves
1	onion sliced
10	large black olives (optional)
1 can	crushed tomatoes (28 oz/796 ml)
1/3 cup	olive oil



- Preheat oven to 325°F.
 - In a 3 quart glass baking dish with cover (foil), layer meat, garlic cloves, bay leaves, onion slices and black olives.
 - Pour the crushed tomatoes evenly over the top, followed with the olive oil.
 - Cover and bake for about 3 ½ hours. Stir occasionally.
- Serve with cooked pasta, rice or potatoes.
- Could be made in a slow cooker.

Nutritional Facts:

1 serving: 850 calories, 58.8 g fat (20 g saturated), 203 mg cholesterol, 401 mg sodium, 18.5 g carbohydrate, 3.5 g fiber, 61.6 g protein