

Italian Steak Pizzaiola

In this Italian steak pizzaiola recipe, thin beef rib-eye steaks are braised in a fresh tomato sauce with olives and parsley.

By **Nicole McLaughlin** |

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Servings: 4

Ingredients

- 4 thin ribeye steaks
- 1 1/2 teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 3 tablespoons extra virgin olive oil, divided
- 1/2 cup finely chopped onion
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 1/2 cup white or red wine
- 8 roma tomatoes, chopped
- 1/2 teaspoon oregano
- 2 tablespoons tomato paste
- 1/4 cup sliced olives
- 2 tablespoons finely chopped parsley

Directions

Step 1

Season steaks with 1 teaspoon salt and 1/2 teaspoon pepper. Heat 1 tablespoon oil in a large deep skillet over high heat. Add steaks to skillet and cook, undisturbed, until browned about 2 minutes. Flip and cook 1 more minute. Remove steaks from skillet and set aside.

Step 2

Add remaining oil to skillet and turn heat to medium. Add onions, remaining salt and pepper, and cook, stirring occasionally until softened. Add garlic and cook for 1 minute. Add wine and scrape bottom of skillet to loosen any browned bits. Add tomatoes and oregano and bring mixture to a simmer. Simmer until tomatoes soften, about 5 minutes, stirring occasionally.

Step 3

Use a potato masher or the back of a spoon to crush the tomatoes. Add in tomato paste and olives and stir to combine. Simmer for 2 minutes.

Step 4

Return steaks and any juices accumulated to the skillet and cover the steaks in the tomato mixture. Cook until the steak is heated through, 2 to 3 minutes. Remove from heat and add parsley. Serve with crusty bread or over pasta or rice.

Nutrition Facts

Per serving: 477 calories; total fat 33g; saturated fat 11g; cholesterol 88mg; sodium 615mg; total carbohydrate 12g; dietary fiber 3g; total sugars 6g; protein 30g; vitamin c 23mg; calcium 56mg; iron 4mg ; potassium 789mg