

Low-Point London Broil with Romesco Sauce

Ingredients:

Romesco Sauce

- 2 Tbs whole almonds
- 2 slices of whole grain bread, toasted
- 1/4 tsp. kosher salt (or sea salt)
- 1 Tbs olive oil
- 4 tsp. finely chopped garlic
- 1/4 tsp. smoked paprika
- 1, 7 oz. jar roasted red peppers, drained
- 1 Tbs red wine vinegar
- 1/4 cup chicken broth

Ingredients for London Broil:

- 1.5 lb. boneless beef London Broil
- 1 Tbs olive oil
- 1/8 tsp. kosher salt (or sea salt)
- 1/4 tsp. pepper
- 1/4 tsp. oregano
- 1/4 tsp. Goya Adobo seasoning
- 1/8 tsp. creole seasoning

Add almonds, toasted bread, and salt to a food processor and pulse until coarsely ground. Heat olive oil over medium-high heat in a medium skillet. Add garlic and paprika and cook for 1 to 2 minutes until garlic starts to brown and soften. Add garlic mixture, red peppers, red wine vinegar, and chicken broth to bread mixture in processor and process until smooth. Slice london broil in about 1/2-inch thick slices. Combine salt, pepper, oregano, Adobo, and creole seasoning in a bowl. Sprinkle steaks with seasoning mixture before (and after) cooking. Heat olive oil in skillet over medium-high heat and cook steaks for several minutes on each side until desired degree of doneness. Top with romesco sauce and enjoy!

Serving size - 4 oz. piece of London Broil with 2 Tbs Romesco Sauce

Points per serving - 7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"We learn more by looking for the answer to a question
and not finding it than we do from learning the answer itself."
- Lloyd Alexander***