

## Low-Point Steak with Red Wine Sauce

### Ingredients:

- 1 Tbs olive oil
- 4, 4 oz. Boneless Top Round Steaks
- 1 tsp. coriander
- 1 tsp. marjoram
- 1 tsp. onion powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/3 cup sparkling cider
- 1/3 cup red wine (I used Cabernet Sauvignon)
- 1 Tbs flour
- 1 Tbs soy sauce

Heat olive oil over medium-high heat in a large skillet. Combine coriander, marjoram, onion powder, salt and pepper. Sprinkle on steaks, both sides. Add steaks to skillet and sear for 4 to 5 minutes on each side. Remove steaks and let them rest while you add the cider, wine, flour, and soy sauce to the skillet. Whisk briskly for a few seconds (sauce should thicken quickly). Dip pieces of steak in sauce or drizzle a little bit on top and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 6

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

***"It's easy to get lost in endless speculation. So today, release the need to know why things happen as they do. Instead, ask for the insight to recognize what you're meant to learn." - Caroline Myss***