



Smothered Steak & Creole Rice

with Creamy Onion Gravy & Green Beans



30-40min



2 Servings

This smothered steak is a staple in down-home cooking, and our version features hearty coulotte steak covered in a creamy, onion gravy. We serve this savory steak with fluffy Creole-style rice and crisp roasted green beans.

What we send

- 1 red onion
- 2 plum tomatoes
- 2 oz celery
- garlic
- ½ lb green beans
- ¼ oz smoked paprika
- 5 oz jasmine rice
- 10 oz pkg coulotte steak
- 1 pkt beef broth concentrate
- 1 oz cream cheese ⁷

What you need

- neutral oil
- kosher salt & pepper

Tools

- medium saucepan
- meat mallet (or heavy skillet)
- medium skillet
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 31g, Carbs 84g, Protein 41g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Halve, peel, and finely chop **⅓ cup onion**, then thinly slice remaining onion. Finely chop **tomatoes**. Thinly slice **celery**. Peel and finely chop **1 teaspoon garlic**. Trim ends from **green beans**.



4. Roast green beans

On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil**, then season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 8-10 minutes.



2. Cook Creole rice

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **chopped onions and celery**; cook, stirring, until softened, 2-3 minutes. Add **tomatoes, garlic**, and **1 teaspoon of the smoked paprika**; cook until tomatoes are softened, 1-2 minutes. Add **rice, 1¼ cups water**, and **¾ teaspoon salt**; bring to a boil. Cover; cook over low heat until water is absorbed, about 17 minutes.



5. Cook onion gravy

Add **sliced onions** to reserved skillet over medium heat. Cook, stirring occasionally, until golden and softened, about 3 minutes. In a liquid measuring cup, whisk **broth concentrate, cream cheese**, and **⅓ cup water**. Stir broth mixture into skillet with onions. Cook, stirring occasionally, until gravy is thickened, 2-3 minutes.



3. Cook steak

Meanwhile, pat **steak** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet over medium-high. Add steak and cook until well browned and medium rare, 4-5 minutes per side. Hold steak on its side and cook fat-side down until golden brown and crisp, 1-2 minutes. Transfer to a plate. Reserve skillet and any pan drippings for step 5.



6. Serve

Thinly slice **steak**. Fluff **rice** with a fork. Serve **steak** with **Creole rice** and **green beans** alongside. Spoon **creamy onion gravy** over top. Enjoy!