

Steak with Merlot and Mushrooms

prep 20 min broil / slow-cook / cook 4 hrs 10 min • serves 4

- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon coarsely ground black pepper
- ¼ teaspoon garlic powder
- ◇ 1 (1¼-pound) flank steak, trimmed
- ◇ 1 red onion, thinly sliced
- ◇ ⅔ cup low-sodium beef broth
- ⅓ cup red wine (such as merlot)
- ¼ cup tomato paste
- 2 teaspoons olive oil
- ◇ 1 (8-ounce) package cremini mushrooms, thickly sliced
- ◇ 1 (8-ounce) package white mushrooms, thickly sliced
- 1 tablespoon all-purpose flour

1. Spray broiler rack with nonstick spray. Preheat broiler.
2. Mix salt, thyme, pepper, and garlic powder in cup. Rub thyme mixture all over steak. Transfer steak to broiler rack. Broil steak 5 inches from heat until lightly browned, about 5 minutes per side.
3. Scatter onion in bottom of 5- or 6-quart slow cooker. Top with steak. Whisk broth, wine, and tomato paste in medium bowl until smooth. Pour broth mixture over steak. Cover and cook until steak and onion are fork-tender, 4-6 hours on high or 6-8 hours on low.
4. About 35 minutes before cooking time is up, heat oil in large nonstick skillet over medium-high heat. Add mushrooms and cook, stirring frequently, until lightly browned, about 8 minutes. Sprinkle with flour and cook, stirring constantly, about 1 minute. Stir mushroom mixture into slow cooker. Cover and cook on high until mixture simmers and thickens, about 25 minutes.
5. Transfer steak to cutting board. Cut steak across grain into 12 slices. Serve with sauce.

◇ FILLING EXTRA

Accompany this elegant steak dish with 3 cups cooked barley and 4 cups steamed broccoli rabe (¾ cup cooked barley and 1 cup cooked broccoli rabe per serving will up the POINTS value by 2).

PER SERVING (3 slices steak with ⅔ cup sauce): 318 Cal, 9 g Fat, 2 g Sat□Fat, 0 g Trans Fat, 102 mg Chol, 496 mg Sod, 13 g Carb, 2 g Fib, 46 g Prot, 36 mg Calc. *POINTS* value: 7.