

## Down Home Steak & Cornbread

Get ready for a new family favorite. We're cooking sirloin steak Southern BBQ style, which means plenty of barbecue sauce, cornbread and baked beans. Served up with fresh broccoli and topped with cheddar cheese, it's a down home meal the whole family will love.

**20** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Oven-Safe Skillet  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Beans & Onions  
Barbecue Sauce  
Steak  
Shredded Broccoli  
Cornbread  
Cheddar Cheese

### Make The Meal Your Own

**Leftovers Tip** – Toss extra meat and beans with kale or spinach in a casserole dish. Top with additional cheese if you like. (Cheddar is great, but anything you have on hand will work.) Bake at 350 degrees until warm throughout, about 10 minutes.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

### Good To Know

**If you don't have an oven-safe skillet**, bake the beans and barbecue sauce in a casserole dish.

**Be sure to generously salt and pepper your steak** before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 690 Calories, 48g Protein, 23g Fat, 75g Carbs, 20 Smart Points

**Lightened up snapshot** – 550 Calories, 17g Fat and 15 Smart Points with ½ the cornbread and cheese

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Cornbread, Broccoli Slaw, Barbecue Sauce, Onion, White Cheddar Cheese, Black Beans, Kidney Beans, Great Northern Beans, Garlic, Herbs and Spices

*meez* meals

### 1. Get Organized

Preheat your oven to 375 degrees.

### 2. Cook the Beans

Put the **Beans & Onions, Barbecue Sauce** and ½ cup water into an oven-safe skillet. Stir to combine and bake until the sauce is thick and bubbling, about 15 minutes.

### 3. Cook the Steak

While the beans are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces). Toss the sliced steak with the **Shredded Broccoli**.

### 4. Put It All Together

Place the **Cornbread** directly on to your oven rack and heat until warm and starting to toast, about 3 to 5 minutes.

Cut the cornbread into pieces and serve topped with sirloin and broccoli, barbecue beans and **Cheddar Cheese**.

*Love this recipe? #meezmagic*

*To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**