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Beef w/Tomato Sauce

4 boneless beef eye round steaks, cut 1 inch thick

1/8 teaspoon ground black pepper

½ cup sliced green onions

1 teaspoon minced garlic

2/3 cup vegetable juice

½ teaspoon instant beef bouillon granules

1. Trim fat from steaks. Sprinkle pepper over both sides of steaks; rub in with your fingers.
2. Place steaks on rack of uncovered grill directly over medium coals. Grill for 10 to 12 minutes (160 degrees) turning once
3. Meanwhile, for sauce; in small saucepan, cook green onions and garlic in cooking spray until tender. Serve steaks topped with sauce

Makes 4 servings

Nutrients per serving:

Calories: 173

Total fat: 4 g

Carbs: 5 g

Sodium: 172 mg