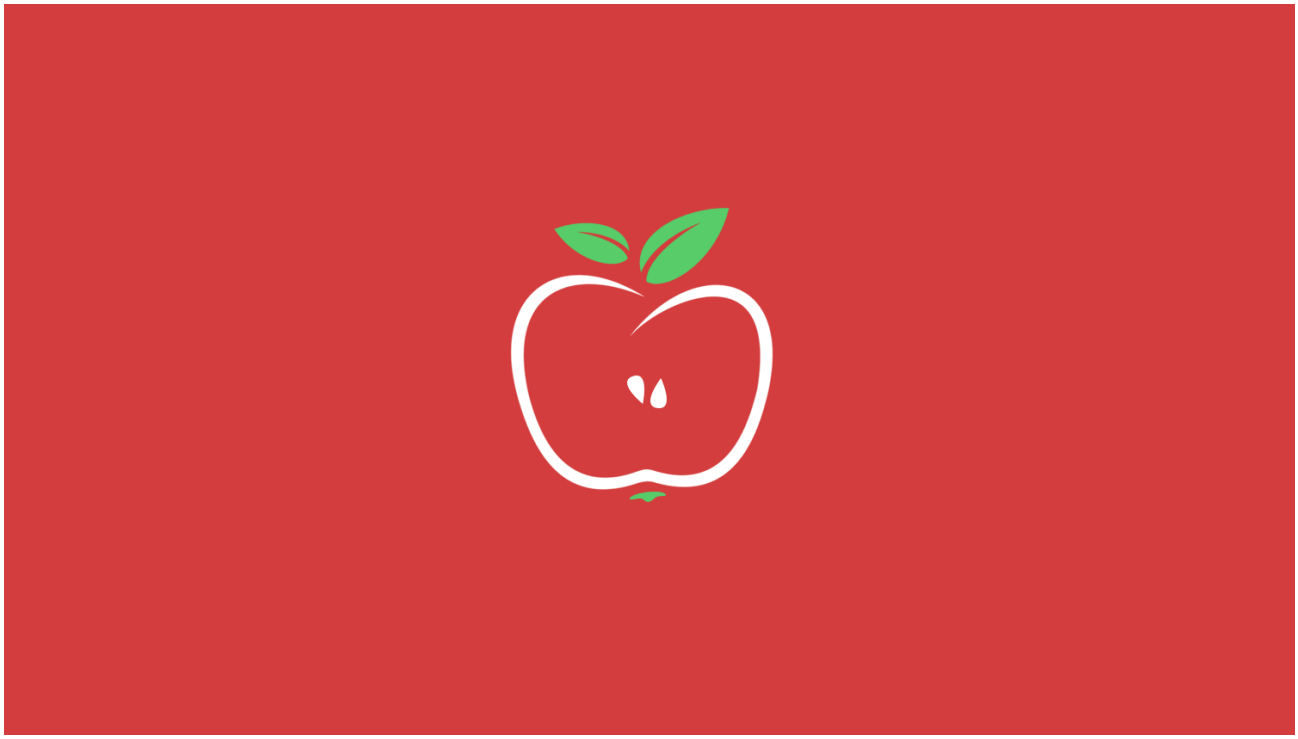
5-Ingredient Meat Recipes

These beef, pork, and lamb entrees are about as easy as you'll find anywhere. And they're delicious too.



Pork Tenderloin with Balsamic Onion-Fig Relish

- [ ] Caramelized onion and figs bring out the natural sweetness in pork here. Try the relish with chicken or beef as well.
- [ ] Pantry Checklist: Pork tenderloin (1 lb), Dried Mission figs, Balsamic vinegar, Low-sodium soy sauce, Onion
- [ ] Prep: 4 minutes
- [ ] Cook: 10 minutes
- [ ] Other: 5 minutes

Skirt Steak with Corn and Red Pepper Puree

- [ ] Red Bell Pepper gets used two tasty ways: as a vegetable in the corn sauté and as a pureed sauce for the plate. Fresh corn is not just sweet; it has a surprising hit of umami intensity.
- [ ] Pantry Checklist: Fish Sauce, Red Bell Pepper, Green Onions, Skirt Steak, Corn Kernels
- [ ] Hands-on: 30 minutes
- [ ] Total: 1 hour, 30 minutes

Orange-Balsamic Lamb Chops

- [ ] A simple citrus marinade plus a quick sear yields significantly more flavor than you might think. Of course, a finishing balsamic drizzle is always welcome.

- [ ] Pantry Checklist: Olive Oil, Grated Orange Rind, Orange Juice, Lamb Rib Chops, Balsamic Vinegar

Grilled Steak with Pineapple Rice

- [ ] With just five ingredients, this protein-packed meal comes together in a flash. Soy sauce amps up the flavor of beef tenderloin fillets, which pineapple lends tropical flavor to brown rice.
- [ ] Pantry Checklist: Lower-Sodium Soy Sauce, Beef Tenderloin Fillets, Can Pineapple, Slices in Juice, Green Onions, 2 Packages PreCooked Brown Rice

Beef Tenderloin Steaks with Red Wine-Mushroom Sauce

- [ ] Mushrooms add a savory flavor that makes beef taste even meatier, while red wine brings acidity for balance. Splurge on great steaks in this simple recipe; with so few ingredients, the meat shines through.
- [ ] Pantry Checklist: Beef tenderloin steaks (4-4oz), Baby portobello mushrooms, Red wine, Butter, Fresh rosemary
- [ ] Prep: 1 minute
- [ ] Cook: 10 minutes

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