

Skillet Steaks With Sautéed Wild Mushrooms

One skillet, so much flavor! Wild mushrooms are paired with a perfectly sautéed steak for a savory, satisfying dinner.



INGREDIENTS

1 to 1-1/4 pounds beef Coulotte Steaks or Sirloin Cap Steaks, cut 1 inch thick

2 teaspoons olive oil

3 cups assorted wild mushrooms (such as cremini, oyster, shiitake, enoki and morel) - Three cups sliced button mushrooms can be substituted for assorted wild mushrooms.

2 cloves garlic, minced, divided

2 teaspoons chopped fresh thyme

Kosher salt and pepper

30 Min 4 42 Cal 26g
 Servings Protein

COOKING

1. Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 clove minced garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove; keep warm.

2. Combine thyme and remaining garlic; press evenly onto beef Coulotte Steaks. Place steaks in same skillet over medium heat; cook 8 to 11 minutes for medium rare to medium doneness, turning occasionally. Remove to platter.

3. Carve steaks into slices. Season with salt and pepper, as desired. Top with mushrooms.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	71mg		4g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com