

Stockyard Steaks With Mushroom & Peppercorn Sauce

Entertain in style whether on the ranch or in the city with this flavorful steak recipe. The peppery cream sauce makes this meal top-notch no matter what plate you serve it on.



35 Min



4
Servings



42 Cal



40g
Protein

INGREDIENTS

2 beef Sirloin Tip Center Steaks, cut 1 inch thick (about 8 ounces each) - Four beef Tenderloin Steaks, cut 1 inch thick (about 6 ounce each) or two Strip Steaks Boneless, cut 1 inch thick (about 10 ounces each) may be substituted. Panbroil Tenderloin Steaks 10 to 13 minutes (Strip steaks 12 to 15 minutes) for medium rare to medium doneness, turning occasionally.

8 ounces button mushrooms, sliced

1/4 cup chopped fresh chives

2 to 3 tablespoons green peppercorns, coarsely crushed - To crush whole peppercorns: place peppercorns in a food-safe plastic bag; squeeze out the air and seal. Use the bottom of a custard cup, rolling pin or side of a heavy pan to crush the peppercorns.

1 tablespoon Dijon-style mustard

1/2 cup reduced sodium or regular ready-to-serve beef broth

1/4 cup whipping cream

Salt

Fresh chives (optional)

1 teaspoon ground cumin

1/2 to 1 teaspoon ground black pepper

COOKING


1. Combine seasoning ingredients in small bowl; press evenly onto beef steaks. Spray large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Place steaks in skillet; cook 14 to 15 minutes for medium rare (145°F) doneness, turning occasionally. Do not overcook. Remove to plate; keep warm.

2. If necessary, re-spray skillet with cooking spray. Add mushrooms and 1/4 cup chives to skillet; cook 4 to 5 minutes or until mushrooms are tender, stirring occasionally. Remove from skillet; keep warm.

3. Meanwhile combine peppercorns, as desired, and mustard. Add mustard mixture, broth and cream to skillet; bring to a boil, stirring constantly. Cook and stir 2 to 3 minutes until thickened. Add mushroom mixture; cook until heated through.

4. Carve steaks into thin slices. Season with salt, as desired. Spoon sauce over steak. Garnish with chives, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		17g	122mg		4g	40g	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