

# 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.



## 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

35 Min                      4                      42 Cal                      40g  
   Servings                      Protein

## 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