

BEEF STEAK WITH LIGHT TOMATO MUSHROOM SAUCE

Keep the Beat: National Heart Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cId=1&rId=6>

Ingredients

- 1 Tbsp olive oil
- 4 beef top sirloin steaks, lean (3 oz each)
- 4 oz white mushrooms, rinsed and quartered (about 1 cup)
- 1 large shallot, minced (about 2 Tbsp)
- 1 Tbsp garlic, minced (about 2-3 cloves)
- 1 C canned no-salt-added diced tomatoes
- 2 Tbsp no-salt-added tomato paste
- 2 Tbsp apple cider vinegar
- 2 C low-sodium beef broth
- 1 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)
- 1 Tbsp fresh tarragon, rinsed, dried, and chopped (or 1 tsp dried)
- ½ Tsp salt
- ¼ Tsp ground black pepper

Instructions

1. Preheat oven to 350°F.
2. Heat olive oil in a large, heavy-bottom sauté pan.
3. Gently blot steaks dry with paper towels and then carefully place them in the hot pan.
4. Sauté both sides, about 2–3 minutes, until golden to dark brown.
5. Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3–5 minutes or to your desired doneness (to a minimum internal temperature of 145° F).
6. To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3–4 minutes.
7. Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown.
8. Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes.
9. In a bowl, mix beef broth and cornstarch.
10. Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2–3 minutes. Season with salt and pepper.
11. Serve one steak with ½ cup sauce.

Makes 4 servings. Serving size: 2 oz steak, ½ cup sauce

Nutritional information per serving (4 servings)

Calories: 200

Total fat: 8g

Saturated fat: 2g

Cholesterol: 35 mg

Sodium: 404mg

Total fiber: 2g

Protein: 23g

Carbohydrates: 10g

Potassium: 569 mg



Wellness Center