

Garlic Butter Steak with Lemon Green Beans

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Serves 4 – Recipe from Eatwell 101

Points for the recipe as written

9 points on all plans.

If you use light butter (calculated with Land O Lakes Light Butter with Canola Oil) , it would be 7 points per serving on all plans.

Marinade

- 1/4 cup low sodium soy sauce or coconut aminos
- 1 Tbsp olive oil
- 1 Tbsp or to taste – hot sauce such as Sriracha
- Fresh cracked pepper

Steak and Beans

- 1 $\frac{1}{4}$ lb flank steak, sliced against the grain
- 1 $\frac{1}{4}$ lb fresh greenbeans, trimmed
- 3 Tbsp butter, divided
- 5 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 lemon, juiced + slices for garnish

- salt and fresh cracked pepper
- 1/2 cup low sodium beef stock
- crushed red pepper flakes, to taste, optional
- 1/2 cup fresh chopped parsley
- 1 Tbsp fresh thyme leaves

1. In a large bowl, combine the steak strips with soy sauce, olive oil, pepper, and hot sauce. Set aside to marinate for 10 minutes while you prepare green beans.
2. While meat is marinating, arrange green beans in a microwave-safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
3. Melt 2 tablespoons butter in a large skillet over medium-high heat. Lay the steak strips in one layer in the skillet, keeping drained marinade for later. Sear on for 1 minute on one side, until nicely browned. Add half the garlic and red chili pepper flakes and turn steak strips to finish cooking for one minute more – adjust timing depending on how you like your steak. Transfer steak strips to a plate and set aside.
4. In the same skillet, lower the heat and melt the remaining tablespoon butter. Add chopped parsley, thyme, remaining garlic, Italian seasoning, red crushed chili pepper flakes and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Deglaze with lemon juice, beef stock, and reserved steak marinade and reduce the sauce for a couple of minutes.
5. Add grilled steak strips back to the pan and reheat quickly. Adjust seasoning with pepper and serve garlic Butter steak and lemon green beans skillet immediately, garnished with more crushed chili pepper, fresh herbs, and a slice of lemon if you like. Enjoy!

Main Course
Beef

