

# Steak Tips and Mushrooms

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adapted from The Prairie Homestead Cookbook

Divided into 4 servings – 9 Points on all plans

Divided into 6 servings – 6 Points on all plans

- 2 pounds Tenderloin or sirloin steak cut into bite size pieces
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp butter
- 2 cups mushrooms of your choice – quartered
- 1/2 cup beef stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp dried parsley

1. Toss the steak with 1/4 tsp of the salt and the pepper.
2. Heat the butter in a large skillet over high heat until it's blazing hot, then add the steak in small batches
3. Sear the steak, turning as soon as a dark brown crust appears, which, as long as the skillet is hot enough should take 30 seconds per side. Turn steak so all sides are seared. Remove from the skillet and set aside. Repeat with all the steak
4. Add the mushrooms to the skillet, reduce the heat to

medium and saute for 5 minutes until the mushrooms release their juices

5. Add the beef stock, vinegar, parsley and remaining salt to the skillet. Cook for 5 minutes or until the stock has reduced by half and slightly thickened. Pour the mushrooms over the steak and serve

Main Course

Beef