



Sirloin Steaks with Mushroom Sauce

Sometimes, only steak will do for a hearty dinner. This recipe is hearty and healthy, and easy enough to make any night of the week.

Ingredients

- 4 sirloin steaks, 6 ounces each, at room temperature and patted dry
- ½ teaspoon salt
- 1 ¼ teaspoons ground black pepper, divided
- 1 ¼ teaspoons extra-virgin olive oil, divided
- ¼ cup minced shallots or yellow onions
- ¼ teaspoon chopped fresh thyme, or pinch of dried thyme
- 1 cup dry red wine
- ½ cup low-sodium beef or chicken broth
- 8 ounces button or cremini mushrooms, wiped clean, stems trimmed, and sliced ¼ inch thick
- ¾ teaspoon fresh tarragon or ¼ teaspoon dried tarragon

Preparation

1. Preheat the oven to 350°F. Season both sides of the steaks with salt and 1 teaspoon of the pepper. Heat 1 teaspoon of the oil in a large, ovenproof, nonstick skillet over medium-high heat. Add the steaks to the pan and sear, 1 ½ to 2 minutes.
2. Turn and cook for 1 minute on the second side. Remove the pan from the heat. Transfer the steaks to an oven rack set over a pan or a large baking dish and roast until the meat is cooked to your desired temperature, 5 to 10 minutes, depending upon the size and thickness.
3. As you prepare the sauce, check the meat periodically and remove it from the oven when done. Let it rest on a clean plate, tenting it to keep it warm as you finish the sauce. To make the sauce, return the cooking skillet to medium-high heat. Add the remaining ¼ teaspoon oil, shallots, thyme, and ¼ teaspoon pepper to the fat in the pan and cook until the shallots are fragrant and soft, about 1 ½ to 2 minutes. Add the wine, bring to a simmer, and cook, stirring to remove any browned bits remaining on the bottom of the pan, until the liquid is reduced by half. Add the broth, bring to a boil, and cook until reduced by half, 1 ½ to 2 minutes. Add the mushrooms, lower the heat, and simmer until the mushrooms are tender, about 2 minutes.
4. Remove the pan from the heat. Stir in the tarragon and adjust the seasoning to taste. Place one steak on each of four large plates; spoon the sauce over the steaks. Serve immediately.

Nutrition (per serving)

Yield: 4 Servings. Calories: 342; Fiber: 1g; Protein: 37g.



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