

# Creamy Mushroom Steaks\*



Great Beef  
Dishes Card 2

Group **6**



This is an attractive dish with a great flavor. The quick simmering in the mushroom sauce makes the steaks juicy and tender.



Preparation time: 25 min.  
Cooking time: 20 min.



Microwave cooking:  
see other side

## For 4 servings you will need:

- 4 small beef top loin steaks, about 1¼ lbs.
- 1 Tbsp. butter or margarine

## Sauce:

- ½ lb. fresh mushrooms, sliced
- 1 Tbsp. butter or margarine
- 3 Tbsp. chopped onion
- 2 Tbsp. all-purpose flour
- 1½ cups half-and-half
- 1 tsp. soy sauce
- 1 tsp. grated onion
- Salt and pepper to taste
- Red and/or green pepper

## Preparation:

- 1 Trim beef steaks, let sit at room temperature for 2 to 3 hours.
- 2 Prepare mushroom sauce. Slice mushrooms. In a heavy saucepan, sauté the mushrooms in butter for a few minutes until they start getting lightly brown.
- 3 Add onions. Sauté until onions are golden and transparent.
- 4 Sprinkle with flour, stir to blend well. Add half-and-half, stirring a little at a time. Simmer until thick and creamy.
- 5 Add soy sauce, grated onion and salt and pepper to taste.
- 6 Brown butter in a skillet. Add steaks. Brown slightly on both sides. Reduce heat. Cover. Let steaks simmer for a few minutes in their own juices.
- 7 Add mushroom sauce to skillet. Let steaks simmer in the sauce for a couple of minutes until they are tender and done to your liking. Garnish with pepper strips. Serve.

**DELICIOUS**

# How to Microwave

## Creamy Mushroom Steaks



Microwave setting . . . . . HIGH 100%/MEDIUM 50%  
 Microwave cooking  
 time . . . . . 10 to 12 min.

**For 4 servings, you will need:**

- About 1¼ lbs. beef top loin
- 1 beef bouillon cube

**Sauce:**

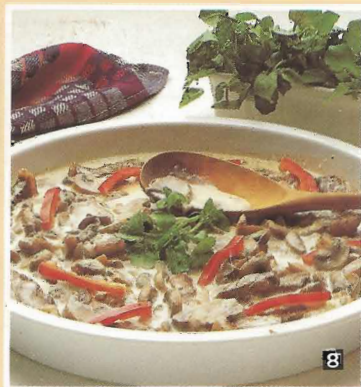
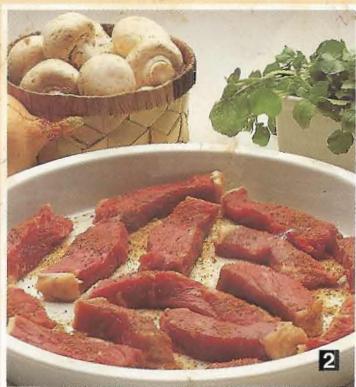
- ½ lb. fresh mushrooms, sliced
- ½ Tbsp. butter or margarine
- 3 Tbsp. chopped onion
- 1 tsp. soy sauce
- 1 tsp. grated onion
- 2 Tbsp. all-purpose flour
- 1 to 1¼ cup half-and-half
- Salt and pepper to taste
- Red and/or green pepper strips, for garnish

**Preparation:**

- 1** Cut steak into strips across grain. Let sit at room temperature for 2 to 3 hours.
- 2** Place meat in a microsafety dish. Sprinkle with 1 crushed beef bouillon cube. Cover.
- 3** Microwave at HIGH power for about 3 minutes, stirring and turning beef strips after 2 minutes.
- 4** In another microsafety dish, combine mushrooms and onion. Add the butter.

- 5** Microwave at MEDIUM power for 4 to 5 minutes, stirring at least once. Let sit for a few minutes.
- 6** Microwave steak strips again at HIGH power for about 2 more minutes.
- 7** Sprinkle mushrooms over beef in dish.
- 8** Combine soy sauce, flour, grated onion and half-and-half. Pour over beef-mushroom mixture.

- 9** Microwave at MEDIUM to HIGH power for 2 minutes. Stir to blend well.
- 10** Microwave for another 2 minutes at HIGH power until creamy and thickened, stirring at least once.
- 11** Let sit for a few minutes before serving. Season to taste. Garnish with pepper strips.



PER SERVING	PERCENTAGE OF USRDA
Calories . . . . . 390	Protein . . . . . 53.6%
Protein . . . . . 34.9 g	Calcium . . . . . 11.1%
Fat . . . . . 23.1 g	Iron . . . . . 19.9%
Carbohydrates . . . . . 10.1 g	Vitamin A . . . . . 10.0%
Sodium . . . . . 284 mg	Vitamin C . . . . . 5.9%