

## Rib-Eye Steak with Brandied Mushrooms

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Sodium Per Serving – 66mg

Serves 4

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**1 pound rib-eye (or Delmonico), club, or strip steak, cut into 4 pieces\***

**1/4 tsp garlic or onion powder**

**1/8 tsp ground black pepper**

**1 tbsp olive oil**

**1/4 cup sliced sweet onion**

**2 oz sliced mushrooms (about 1/2 cup)**

**2–3 garlic cloves, minced**

**2 tbsp chopped fresh flat-leaf (Italian) parsley**

**1/2 cup homemade beef stock or canned LS beef broth**

**1/2 tsp (or 1/2 envelope) LS beef bouillon granules**

**2 tbsp brandy**

**3  tbsp unsalted margarine or butter**

1. Season meat with garlic powder and pepper.
2. Heat oil in a heavy skillet over medium-high heat; add meat and brown on both sides, 4 to 5 minutes per side (medium rare). Transfer steaks to a platter and keep warm while preparing sauce.
3. *For the sauce:* Decrease heat to medium; add onion, mushrooms, garlic, and parsley. Cook, stirring frequently, until onions and mushrooms are soft, 3 to 4 minutes. Add beef stock, bouillon, and brandy; bring to boil and cook until sauce is reduced to a thick, gravy consistency, about 5 minutes. Stir in margarine and serve over steaks. Top with additional chopped parsley.

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NUTRITIONAL INFO PER SERVING: Calories 328, Fat 23m (Saturated Fat 8g), Cholesterol 67mg, Carbohydrates 3g (Fiber 0g, Sugar 1g), Sodium 66mg (78mg with LS canned broth)

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### \*Recipe Notes

1. Rib cuts are very tender and flavorful and are best for pan searing or broiling. Other less expensive cuts you can use, include round steak and top sirloin.