

# Skillet Steaks With Sautéed Wild Mushrooms

One skillet, so much flavor! Wild mushrooms are paired with a perfectly sautéed steak for a savory, satisfying dinner.

## INGREDIENTS

- 1 to 1-1/4 pounds beef Coulotte Steaks, cut 1 inch thick
- 2 teaspoons olive oil
- 3 cups assorted wild mushrooms (such as cremini, oyster, shiitake, enoki and morel) - Three cups sliced button mushrooms can be substituted for assorted wild mushrooms.
- 2 cloves garlic, minced, divided
- 2 teaspoons chopped fresh thyme
- Kosher salt and pepper



30 Min



4  
Servings



42 Cal



26g  
Protein

## COOKING

1. Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 clove minced garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove; keep warm.
2. Combine thyme and remaining garlic; press evenly onto beef steaks. Place steaks in same skillet over medium heat; cook 8 to 11 minutes for medium rare to medium doneness, turning occasionally. Remove to platter.
3. Carve steaks into slices. Season with salt and pepper, as desired. Top with mushrooms.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		9g	71mg		4g	26g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com