

CAJUN SIRLOIN WITH MUSHROOM LEEK SAUCE

INGREDIENTS

- 1 beef top sirloin steak (1-1/4lb)
- 2 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 1/2 lb. sliced assorted fresh mushrooms
- 1 medium leek (white portion only) - halved and sliced
- 1 tsp. minced garlic
- 1-1/2 cups reduced-sodium beef broth
- 1/4 tsp. pepper
- 1/8 tsp. salt

PREPARATION

1. Rub steak with Cajun seasoning and let sit for 5 minutes.
2. Take a large skillet and cook steak in oil over medium-high heat for 7-10 minutes on each side or until meat reaches desired doneness (135° for medium-rare; 140° for medium; 145° for medium-well). Remove and keep warm.
3. In the same skillet, sauté mushrooms and leek in 1tbsp. olive oil until tender.
4. Add garlic and cook 1 minute longer. Add the beef broth, pepper and salt and keep stirring to loosen browned bits from pan.
5. Bring to a boil; cook until liquid is reduced by half.
6. Slice steak and serve with mushroom sauce.
7. Enjoy!

