



Easy Steak Sauce with Seared Hanger Steak



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



557 kcal

SAUCE

Ingredients

- ☐ 1 pepper freshly ground
- ☐ 1 fresno chile red seeded chopped
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 4 garlic cloves chopped
- ☐ 3 dashes hot sauce
- ☐ 4 servings kosher salt freshly ground
- ☐ 1 medium onion chopped
- ☐ 0.5 cup red wine vinegar

- ☐ 1.5 pounds hanger steak cut into 4 pieces
- ☐ 1 tablespoon tomato paste
- ☐ 3 tablespoons vegetable oil divided
- ☐ 2 tablespoons grain mustard whole
- ☐ 0.5 cup worcestershire sauce

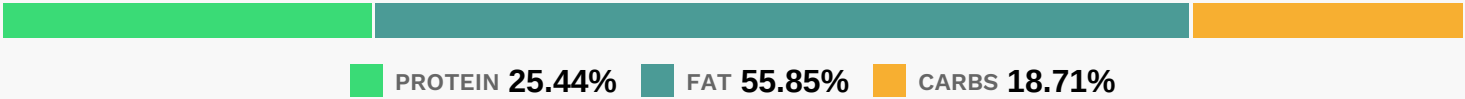
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Heat 2 tablespoons oil in a small saucepan over medium-high heat.
- ☐ Add onion, garlic, and chile; season with salt and pepper. Cook, stirring often, until soft, about 5 minutes.
- ☐ Add tomato paste to saucepan and cook, stirring, until beginning to darken, about 1 minute. Stir in Worcestershire sauce, vinegar, brown sugar, mustard, and hot sauce; simmer until slightly thickened, about 5 minutes.
- ☐ Transfer to a blender and purée with 1/2 cup water until smooth. Strain through a fine-mesh sieve into a small bowl, if desired. Set sauce aside.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Season steak with salt and pepper and cook, turning occasionally, until deeply browned and an instant-read thermometer registers 130°F for medium-rare, 8–10 minutes.
- ☐ Transfer meat to a cutting board; let rest 5 minutes before slicing.
- ☐ Serve with sauce.
- ☐ DO AHEAD: Steak sauce can be made 1 week ahead. Cover and chill.
- ☐ Per serving: 550 calories, 28 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:22.187825995943%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 557.08kcal (27.85%), Fat: 34.63g (53.27%), Saturated Fat: 12.3g (76.88%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 24.83g (9.03%), Sugar: 19.16g (21.29%), Cholesterol: 103.76mg (34.59%), Sodium: 660.34mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.97%), Selenium: 45.24µg (64.63%), Zinc: 8.99mg (59.95%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.95mg (44.73%), Vitamin B6: 0.83mg (41.32%), Iron: 5.48mg (30.44%), Vitamin C: 24.72mg (29.96%), Phosphorus: 297.89mg (29.79%), Vitamin B2: 0.48mg (28.43%), Potassium: 905.77mg (25.88%), Vitamin K: 24.53µg (23.36%), Vitamin B1: 0.22mg (14.5%), Magnesium: 54.59mg (13.65%), Copper: 0.27mg (13.5%), Manganese: 0.22mg (10.86%), Calcium: 82.94mg (8.29%), Vitamin E: 1.15mg (7.66%), Fiber: 1.27g (5.1%), Vitamin A: 228.95IU (4.58%), Folate: 16.96µg (4.24%), Vitamin B5: 0.13mg (1.26%), Vitamin D: 0.17µg (1.13%)