



Steak Tips with Mushroom Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 29 ounce beef broth canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic chopped
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 4 portobello mushroom caps sliced
- ☐ 0.3 teaspoon salt to taste
- ☐ 1 shallots finely chopped

- ☐ 2.5 pounds sirloin tips
- ☐ 750 milliliter burgundy wine

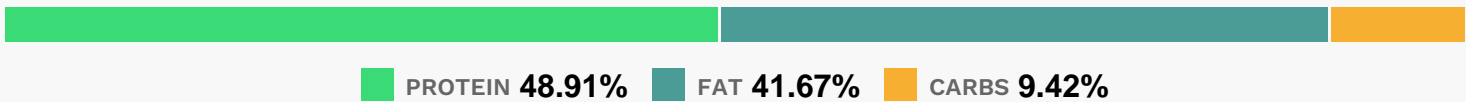
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat. Melt butter in a large skillet over medium-high heat.
- ☐ Sautee the shallot until transparent, then add mushrooms, and cook, covered, until darkened, about 5 minutes.
- ☐ Remove mushrooms from pan, and set aside. Deglaze the pan with one can of beef broth, and burgundy wine. Increase heat, and bring to a boil. Allow the mixture to boil until it has reduced by 1/
- ☐ Grill the sirloin tips to desired doneness. Season with salt and pepper if desired.
- ☐ Remove to a plate, and set aside.
- ☐ When the sauce is reduced, stir in the other can of beef broth, and garlic. Return to a boil, and continue to cook for another 5 to 10 minutes. Sauce will be thin like au jus.
- ☐ Whisk in flour, and cook until the sauce is the desired thickness. Taste and adjust seasoning if necessary. Stir in the mushrooms.
- ☐ Serve tips with mushroom sauce spooned over.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:2.14, Inflammation Score:-7, Nutrition Score:25.436956701071%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 463.61kcal (23.18%), Fat: 16.94g (26.07%), Saturated Fat: 8.29g (51.78%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.6g (2.76%), Sugar: 2.75g (3.06%), Cholesterol: 135.62mg (45.21%), Sodium: 787.26mg (34.23%), Alcohol: 13.19g (100%), Alcohol %: 3.18% (100%), Protein: 44.74g (89.48%), Vitamin B3: 17.99mg (89.94%), Selenium: 60.9µg (87%), Vitamin B6: 1.32mg (66.19%), Zinc: 8.34mg (55.61%), Phosphorus: 499.76mg (49.98%), Vitamin B12: 2.39µg (39.82%), Potassium: 1073.52mg (30.67%), Iron: 4.25mg (23.63%), Vitamin B2: 0.35mg (20.62%), Vitamin B5: 1.98mg (19.84%), Copper: 0.32mg (15.94%), Magnesium: 62.37mg (15.59%), Manganese: 0.3mg (15.08%), Folate: 50.81µg (12.7%), Vitamin B1: 0.18mg (12.11%), Calcium: 80.43mg (8.04%), Vitamin E: 0.87mg (5.77%), Vitamin A: 240.65IU (4.81%), Vitamin K: 4.87µg (4.64%), Fiber: 1.01g (4.05%), Vitamin D: 0.36µg (2.38%)