

Quick Skillet Steak with Mushrooms & Onions

Servings: 4

From <http://www.skinnytaste.com/2011/08/quick-skillet-steak-with-onions-and.html>

Ingredients

1 lb London broil
1/2 large onion, sliced into rings
1/2 teaspoon olive oil
8 oz sliced mushrooms
Cooking spray
Garlic powder, to taste
Salt and fresh cracked pepper to taste

Preparation

- 1) Slice beef into thin strips. Season with salt, garlic powder and fresh pepper to taste.
- 2) Heat a large skillet over high heat. When the skillet is very hot, spray with cooking spray and add half of the beef. Cook one minute, then turn steak and cook an additional 30 seconds. Set aside in a large dish.
- 3) Spray the skillet again and when it gets hot add the remaining steak, cooking one minute, then turning and cooking 30 seconds more. Remove steak and add to the dish with the other half of the cooked steak.
- 4) Return skillet to heat and spray once again with cooking spray; add onions and season with salt and pepper. Cook one minute, then turn and cook onions an additional 30 seconds or until onions are golden.
- 5) Lower heat to medium and add 1/2 teaspoon olive oil to the skillet, add mushrooms, salt and pepper and lightly spray the top of the mushrooms with cooking spray. Cook 1-2 minutes, then turn mushrooms and cook another minute and a half. Add to dish with steak and onions and stir to combine.

Side Caesar Salad

Servings: 2

Ingredients

Romaine hearts, chopped
1/2 cup grape tomatoes, halved
Parmesan cheese
Light Caesar dressing

Preparation

- 1) Add first three ingredients to a bowl. Toss with dressing and serve.