

Broiled Sirloin with Mushroom Sauce



PREPARATION TIME
15 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
cucumber salad



Save money and fat calories. Evaporated milk—even evaporated skim milk—is thick and rich enough to substitute for whipping cream in this recipe and many other recipes as well.

SHOPPING LIST

- sirloin steak • mushrooms
- whipping cream • lemon
- green onions • fresh parsley

ON HAND

- dry mustard • pepper
- Worcestershire sauce • butter

INGREDIENTS

- 1 (2-pound) sirloin steak, 2 inches thick
- 1 teaspoon coarsely ground pepper
- 1/2 cup butter or margarine
- 12 ounces fresh mushrooms, sliced
- 1 1/2 cups sliced green onions
- 2 teaspoons dry mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1/4 cup chopped fresh parsley
- 3/4 cup whipping cream

SERVES **4**

COOKIN' *Express*

- Place a piece of bread on the bottom of the broiler pan to soak up the grease and help prevent "flare ups."

Make Ahead

Hungry for Italian food? Make a fast entrée with leftover sliced steak. Heat mushroom sauce; add peas. Add sliced steak to sauce. Place sauce over cooked linguine.

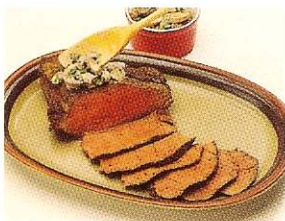
1 Preheat broiler. Rub steak on both sides with pepper. Place steak on a broiler pan. Broil for 10 minutes on each side for medium.



2 Meanwhile, heat butter in a large skillet over medium heat. Add mushrooms, green onions and mustard. Sauté for 10 minutes or until tender.



3 Add lemon juice, Worcestershire sauce and parsley to skillet. Cook for 1 minute longer. Stir in whipping cream. Heat over medium heat to serving temperature; do not boil.



4 Remove mushroom sauce from heat; cover and keep warm. Slice steak diagonally. Arrange on a serving platter. Spoon some mushroom sauce over steak. Serve with remaining sauce.

◆ VARIATION

Get a boost of vitamin C! Add 1/2 cup chopped green or red bell pepper to the mushroom mixture in step 2.