

COMMENTS:

1 Rib cuts are very tender and flavorful and are best for pan searing or broiling. Other less expensive cuts that may be substituted, include round steak and top sirloin.

2 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 74mg.

RIB-EYE STEAK WITH BRANDIED MUSHROOMS

Sodium Per Serving – 66mg

Serves 4

Another excellent and easy-to-prepare dish that will win raves from family and friends.

1 pound rib-eye (or Delmonico), club, or strip steak, cut into 4 pieces¹	2–3 garlic cloves, minced
¼ teaspoon garlic or onion powder	2 tablespoons chopped fresh flat-leaf (Italian) parsley
⅛ teaspoon ground black pepper	½ cup BEEF STOCK (page 233) or canned low-salt beef broth
1 tablespoon olive oil	½ teaspoon (or ½ envelope) low-salt beef bouillon granules
¼ cup sliced sweet onion	2 tablespoons brandy
2 ounces sliced mushrooms (about ½ cup)	1 tablespoon unsalted margarine or butter²

- ▶ Season meat with garlic powder and pepper.
- ▶ Heat oil in a heavy skillet over medium-high heat; add meat and brown on both sides, 4 to 5 minutes per side (medium rare). Transfer steaks to a platter and keep warm while preparing sauce.
- ▶ *For the sauce:* Decrease heat to medium; add onion, mushrooms, garlic, and parsley. Cook, stirring frequently, until onions and mushrooms are soft, 3 to 4 minutes. Add beef stock, bouillon, and brandy; bring to boil and cook until sauce is reduced to a thick, gravy consistency, about 5 minutes. Stir in margarine and serve over steaks. Top with additional chopped parsley.

NUTRITIONAL INFO PER SERVING: Calories 328, Fat 23m (Saturated Fat 8g), Cholesterol 67mg, Carbohydrates 3g (Fiber 0g, Sugar 1g), Sodium 66mg (78mg with LS canned broth)

FOOD NOTE

CUTS OF BEEF

There are five main cuts of beef: chuck, rib, loin, round, and breast/flank. The best beef is marbled with very thin lines of fat; lower grades of beef have lots of marbling or none at all. The cut of beef determines the way it should be cooked and whether or not it needs marinating:

Chuck – tough with lots of gristle, but most flavorful and economical. Perfect for slow cooking, such as pot roasts. Popular cuts are arm, chuck, shoulder, and blade roasts or steaks.

Rib – tender, juicy, and flavorful. Does not need marinating, perfect for grilling or roasting. Popular cuts are rib and rib-eye steaks and roasts.

Loin – the most tender and expensive. Does not need marinating and is ideal for grilling or broiling. Popular cuts are tenderloin, Porterhouse, T-bone, top loin (or New York strip), filet mignon, top sirloin, and roast beef.

Round – tough, but lean. Best if marinated or slow cooked with liquid. Popular cuts are bottom round, London broil, round, top round, round tip, and rump roast.

Breast or Flank – tough and fatty. Best if marinated, then grilled or slow cooked. Popular cuts are brisket, short ribs, hanger, flank, or skirt steaks.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1 lb rib-eye steaks - 236mg
- ¼ c sweet onion - 2mg
- 3 garlic cloves - 3mg
- ½ c mushrooms - 2mg
- 2 T parsley - 4mg
- ½ cup BEEF STOCK - 10mg
or LS canned broth - 60mg
- ½ t LS beef bouillon - 3mg
- 2 T brandy - 3mg

Fat (Sat Fat):

- 1 lb rib-eye steaks - 70mg (28mg)
- 1 T olive oil - 14mg (2mg)
- ½ cup BEEF STOCK - 1mg (0mg)
or LS canned broth - 0mg
- 1 T NSA margarine - 8mg (2mg)
or NSA butter - 12mg (8mg)