

# Steak A La Sadetsky

*Irwin Sadetsky*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

## **Servings: 4**

*4 shell steaks, one-inch cut*

*1/4 teaspoon salt*

*1/2 teaspoon garlic powder*

*1/2 teaspoon white pepper*

*1 large can mushroom heads*

*1 pint sour cream*

*4 tablespoons corn oil*

*6 ounces Boujalais or dry red wine*

Place the dry steaks in a frying pan that has been coated with corn oil and heated to medium. Fry for 3 minutes on each side.

In a bowl, combine the salt, garlic powder and white pepper. Add to the skillet. Turn the steak again for 1 minute.

Add the mushrooms and wine for 1 minute and turn the steaks.

Add the sour cream. Heat under low heat until the sour cream is well mixed with the other ingredients.

Serve with baby peas or baby carrots and whipped potatoes.

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Per Serving (excluding unknown items): 369 Calories; 38g Fat (90.3% calories from fat); 4g Protein; 5g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 197mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 7 1/2 Fat.