
Steak Diana

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1/4 cup butter

1 cup fresh mushrooms, sliced

2 tablespoons minced green onion

1/8 teaspoon garlic powder

1/8 teaspoon salt

1 teaspoon lemon juice

1 teaspoon Worcestershire sauce

1 1/2 tablespoons parsley, chopped

2 tablespoons butter

1 1/4 pounds beef tenderloin, cut in two inch slices

In a skillet, melt butter. Add the mushrooms, onion, garlic, salt, lemon juice and Worcestershire sauce. Cook until the mushrooms are tender. Add the parsley. Pour the mixture into a small bowl. Set aside.

In a skillet, melt another two tablespoons of butter. Cook the tenderloin over medium-high heat for 3 to 4 minutes on each side. Pour the mushroom-butter mixture over the meat in the skillet. Heat thoroughly. Remove from the heat. Cover and let sit for 10 to 15 minutes to allow the flavors to blend.

Heat again to serve.

(Delicious with twice baked potatoes, green salad and Mud Pie for dessert.)

Beef

Per Serving (excluding unknown items): 561 Calories; 50g Fat (80.4% calories from fat); 26g Protein; 2g Carbohydrate; trace Dietary Fiber; 147mg Cholesterol; 322mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates.