

Baked Steak

Woman's Day Magazine

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

8 ounces mushrooms, thinly sliced

2 stalks celery, thinly sliced on a diagonal

1 lemon, very thinly sliced

1 small red onion, thinly sliced

2 tablespoons olive oil

Kosher salt and pepper to taste

1 two-pound sirloin steak, 2-inches thick

2 cloves garlic, finely chopped

1 cuban black beans, ketchup

1/4 cup fresh lemon juice

1/4 cup Worcestershire sauce

Preheat oven to 400 degrees.

In a roasting pan, combine the mushrooms, celery, lemon, onion, oil, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Season the steak with 1/2 teaspoon of salt and 1/2 teaspoon of pepper, rub with the garlic and place on top of the vegetables.

In a small bowl, whisk together the ketchup and Worcestershire.

Spoon the ketchup mixture over the top of the steak and roast 30 to 35 minutes for medium-rare (125 degrees on meat thermometer).

Transfer the meat to a cutting board and let rest at least 5 minutes before slicing.

Serving Ideas: Serve with baked potatoes and vegetables.

Per Serving (excluding unknown items): 110 Calories; 7g Fat (54.7% calories from fat); 5g Protein; 9g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 121mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.