

MEXICAN ESPRESSO STEAK

The following recipe serves one. Double, triple or quadruple as needed.

INGREDIENTS:

- your favorite cut of steak
- salt and pepper
- 2 tbsp. brewed espresso or strong coffee
- 1/4 tsp Mexican spice blend
- olive oil or cooking spray
- 1/2 tbsp. butter

To round out the meal, serve with:

- steamed broccoli or a mixed green salad and a baked potato
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DIRECTIONS:

Season your favorite cut of steak with salt and pepper. In a small bowl, combine 2 tablespoons brewed espresso or strong coffee and 1/4 teaspoon Mexican spice blend. Brush some of the mixture on one side of the steak. Place the steak on a hot grill pan or skillet (or outdoor grill if available) that's been coated with olive oil or cooking spray. Brush the espresso mixture on top. Cook and flip, brushing with the espresso mixture every flip, for 2-3 minutes per side for medium-rare (cook longer for fully cooked meat). If desired, top with 1/2 tablespoon butter. Let the steak rest for a few minutes before serving. To round out the meal, serve with steamed broccoli or a mixed green salad and a baked potato.

