

# STEAK WITH WILD MUSHROOM GRAVY

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

## INGREDIENTS:

- your favorite cut of steak
- salt and pepper
- 1 cup sliced wild mushrooms
- olive oil or cooking spray
- 1 cup bottled or canned beef gravy

## DIRECTIONS:

Season your favorite cut of steak with salt and pepper. Place the steak on a hot grill pan or skillet that's been coated with olive oil or cooking spray. Cook for 1-2 minutes per side, until browned.

Remove the steak from the pan and set aside. In the same skillet, sauté 1 cup of sliced wild mushrooms (shiitake, cremini, oyster, or chanterelle) in 2 teaspoons of olive oil until soft. Add 1 cup bottled or canned beef gravy and bring to a simmer.

Return the steaks to the pan and cook for 1 minute for medium-rare (cook longer for more fully cooked meat; note that the steak will continue to cook a little after it's removed from the heat). Transfer the steak, gravy and mushrooms to a dinner plate and serve.

