



One Skillet Steak Dinner

Ingredients:

- 1 6-10 oz. grass fed beef steak (I like New Your Strip or a Filet)
- 1-2 Whole Sweet Potatoes or Red Potatoes
- 12-20 Asparagus
- 1 cup sliced mushrooms
- 2 tablespoons of olive oil

Pre heat oven safe skillet (must be 11" - 12.5") on stove top. Preheat oven to 350. Add 2 table spoons of olive oil and stir fry the potato until the just barely start to brown. Add steak on the bare pan and sear for about 2 mins on each side. Season with salt and pepper if desired. Remove from heat and place in oven. Cook uncovered for 10-15 mins. then add asparagus. Flip steak and cook all ingredients another 5-10 mins. Then add mushrooms and cook 2-5 mins with all ingredients. Remove from oven and let it rest for 5-8 mins before serving. NOTE: Steak should be room temp before placing in skillet so you do not shock the meat and make it tough.