

ONION-STUFFED SIRLOIN WITH MUSHROOM SAUTÉ (for 2)

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: 35 minutes (after coals are heated)

INGREDIENTS:

1/2 small onion, thinly sliced & separated into rings
1 clove garlic, minced
1 TBS butter or margarine
1/2 tsp lemon-pepper seasoning OR pepper
1 8-oz boneless beef top sirloin steak, 1 1/2" thick
3/4 C sliced fresh shiitake OR other mushrooms
1 TBS butter or margarine
1 tsp cornstarch
1 tsp Worcestershire sauce
1/2 tsp instant beef bouillon granules
1/3 C water
1 TBS dry red OR white wine

DIRECTIONS:

STUFFING: In small saucepan, sauté onion & garlic in butter till onion is tender but not brown - remove from heat - stir in lemon-pepper - set aside. Make pocket in steak by cutting deep horizontal slit - spoon stuffing into pocket - if necessary, secure pocket with wooden toothpick.

TO GRILL: Place steak on rack of uncovered grill - grill directly over medium-hot coals to desired doneness, turning once (14-18 minutes: rare - 18-22 minutes: medium - 24-28 minutes: well-done). **TO BROIL:** Place steak on unheated rack of broiler pan - broil 4-5" from heat to desired doneness, turning once (14-18 minutes: rare - 19-22 minutes: medium - 23-28 minutes: well-done).

MUSHROOM SAUCE: Meanwhile, in small saucepan sauté mushrooms in butter till tender. In small bowl, stir together cornstarch, Worcestershire sauce, bouillon granules & water. Carefully add to saucepan - cook/stir till thickened & bubbly - cook/stir 1 minute longer. Stir in wine. To serve: cut steak in half - transfer halves to individual plates - pour sauce over steak.

[per serving: calories: 319; protein: 27g; carbohydrates: 12g; total fat: 18g; saturated fat: 5g; cholesterol: 76mg; sodium: 504mg; potassium: 455mg]