



Featuring  
Chef Darryl Crumb

# Eat Like An Athlete

Presented By Manitoba Beef Producers

## Strip Loin Steak with Sautéed Mushrooms

*Carve grilled steaks into thin slices to pass and share at the table. This platter presentation lets you choose just how much you want. Packed with 17 grams of protein and only 144 calories per serving.*

- 2 Beef Strip Loin Grilling Steaks, 1 inch (2.5 cm) thick (each 8 oz/250 g)
- Freshly ground black pepper or Montreal Steak spice
- 2 cups (500 mL) sliced mushrooms (button, crimini or baby portobello)
- 2 tbs (30 mL) minced shallots                      2 cloves garlic, minced
- ¼ cups (50 mL) dry white wine                      2 tsp (10 mL) canola oil
- 1 tsp (5 mL) dried thyme or tarragon              1 tsp (5 mL) Worcestershire sauce
- ¼ tsp (1 mL) salt

1. Pat steaks dry; season with pepper or steak spice. Grill over medium-high heat for about 10 minutes, turning at least twice, for medium-rare 145°F(63°C).
2. Meanwhile, heat oil in large skillet over medium-high heat. Add mushrooms and shallots; cook until shallots are softened, about 4 minutes. Add garlic; sauté for 30 seconds. Stir in wine, thyme and Worcestershire sauce; cook, stirring often, for 2 to 3 minutes or until wine is reduced. Season with salt and pepper to taste.
3. Trim steaks, as needed, discarding trim. Carve crosswise into thin slices. Serve topped with sautéed mushrooms.



*Recipe Courtesy of Canada Beef*

Difficulty: Easy  
Cooking: 15 min  
Best Suited for: BBQ

Preparation: 10 min  
Makes: 4-6 servings

Nutritional Information  
Per Serving: (144 calories, 17 g protein, 6.1 g fat, 2.6 g carbohydrate, 140 mg (6% DV) sodium, 1.9 mg iron, 63% DV vitamin B12)

### Did You Know?

A number of studies have found protein can help keep people feeling full between meals, more so than either carbohydrate or fat. Therefore protein may help to control hunger, which may in turn help you to eat less. So if you're looking for a way to better manage your appetite, choosing foods that are higher in protein may be part of the answer.



***If You Can't Play Like An Athlete You Can Still Eat Like One!***

