

Quick Skillet Steak with Onions and Mushrooms

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-round-steak-italian-style-recipe>

Ingredients:

- 1/2 pound beef round thin sliced, or sirloin steaks
- 1/2 onion large, sliced into rings
- 1/2 teaspoon olive oil
- 8 ounces sliced mushrooms
- 4 cooking spray seconds, I like Smart Balance
- garlic powder to taste
- salt
- cracked pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 25 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 2 grams

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