

# Cooking the Perfect Steak

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/time-life-russian-cooking-pashtet-recipe-on-line>

## Ingredients:

- 2 strip steaks boneless, 1½” – 1¾” thick, about 1 pound each, filet mignon or ribeye may be substituted
- salt
- pepper
- 1 tablespoon vegetable oil 2 tablespoons for filet mignon

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 2 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Sodium: 200 milligrams

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