

Steak with Quick Mushroom & Red Wine Sauce

Hands-on 25 minutes Overall 25-45 minutes

Nutritional values (per serving): Total carbs: 6.1 g, Fiber: 0.6 g, **Net carbs: 5.5 g**,

Protein: 43.5 g, Fat: 46.8 g, Calories: 650 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 2 servings)

Steaks:

2 small/ medium boneless strip or filet mignon steaks (400 g/ 14.1 oz)

1 tbsp ghee or lard

salt and pepper to taste (I like pink Himalayan salt)

Mushroom & Red Wine Sauce:

1 tbsp ghee or lard

1 1/2 cups mushrooms, sliced (130 g/ 4.6 oz)

1/2 tsp garlic powder or 1 clove garlic

1/4 cup dry red wine (60 ml/ 2 fl oz)

1/4 cup bone broth or chicken stock (you can make your own bone broth)

1 tsp balsamic vinegar

1 tsp arrowroot powder

1-2 tbsp water

salt and pepper to taste (I like pink Himalayan salt)

liquid reduce by half.

4. In a small bowl, mix the arrowroot powder with water and pour in the pan while stirring (you can skip this step if you don't have arrowroot powder). Keep stirring and cook for just a minute until it thickens. Season with salt and pepper to taste.
5. Serve the steaks with the sauce, low-carb cauli-mash and/ or some crunchy greens.

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Instructions

1. There are two methods you can use to cook your steak depending on its thickness. If the steak is thick (1 1/2 - 1 3/4 inch / 4 - 4 1/2 cm), follow the instructions for Reverse-Seared Steak that requires both oven baking and pan searing. Otherwise, for thinner cuts, follow my guide to cook the steak on a pan. Once the steaks are cooked, transfer them onto a wire rack, loosely cover with a foil and let them rest for about 10 minutes before serving.
2. Meanwhile, prepare the mushroom & red wine sauce. Add the remaining ghee to the pan where you cooked the steaks. Add the sliced mushrooms and fry for 5 minutes. Then, add the garlic powder.
3. Pour in the red wine, bone broth and balsamic vinegar and let the