

Skillet Steak and Potatoes



Ingredients:

6 yukon gold potatoes , cut into cubes
4 large carrots , cut into rough chunks
3 tablespoons olive oil , divided
1 large yellow onion , sliced
3 garlic cloves , chopped
8- ounces sliced mushrooms
1- pound sirloin steak, cut into 4-inch long strips
1/3- cup water
Salt and fresh ground pepper , to taste

SAUCE

Juice of 1 lemon
Juice of 1 lime
3 tablespoons fresh orange juice
1 tsp chili powder
1 tablespoon dried oregano leaves
1/2 tablespoon ground cumin
3 tablespoons lite , low sodium soy sauce
Fresh chopped parsley, for garnish

Directions:

In large skillet heat 2 tablespoons olive oil. Add onion and season with salt and pepper. Cook over medium-high heat until onion begin to soften (about 1 to 2 minutes), stirring frequently. .Add garlic and cook for 30 seconds and stir in mushrooms. Continue cooking until vegetables are tender (3 minutes).Remove from skillet and set aside. Add remaining olive oil to hot skillet. Add steak strips and cook until browned (about 2 minutes). Remove steak strips from skillet and set aside. Add water to the skillet and stir in potatoes and carrots. Season with salt and pepper. Bring to boil and then reduce to a simmer. Cover skillet with a lid and let cook until vegetables are tender (about 12 to 15 minutes). While cooking, prepare sauce. Combine all ingredients in small mixing bowl. Whisk until thoroughly combined. Remove lid from skillet. Add steak and onion mixtures to skillet. Stir in prepared sauce and continue to cook until heated through (about 4 minutes). Remove from heat. Garnish with fresh parsley before serving.

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