

BEEF STEAKS WITH MUSTARD-BOURBON SAUCE

Total preparation and cooking time: 25 to 30 minutes

- 2 beef shoulder top blade steaks (flat iron)
(about 8 ounces each)**
- 1/2 teaspoon pepper**
- 1/2 cup whipping cream**
- 1/4 cup country Dijon-style mustard**
- 2 tablespoons bourbon**
- 1 tablespoon finely chopped fresh chives or green onions**

1. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 13 to 15 minutes for medium rare to medium doneness, turning twice. Remove steaks; keep warm.
2. Combine cream, mustard and bourbon in small bowl. Add to skillet; cook and stir 1 to 2 minutes or until browned bits attached to bottom of skillet are dissolved. Season with salt, as desired.
3. Carve steaks into slices; season with salt, as desired. Spoon sauce over steaks; sprinkle with chives.

Makes 4 servings.

***Cook's Tip:** Four beef tenderloin steaks, cut 3/4 to 1-inch thick, may be substituted for the shoulder top blade steaks. Cook 3/4-inch tenderloin steaks 7 to 9 minutes, turning once (1-inch tenderloin steaks 10 to 13 minutes, turning occasionally).*

***Nutrition information per serving, using shoulder top blade:** 326 calories; 22 g fat (11 g saturated fat; 8 g monounsaturated fat); 111 mg cholesterol; 437 mg sodium; 4 g carbohydrate; 0.1 g fiber; 25 g protein; 3.3 mg niacin; 0.3 mg vitamin B₆; 5.1 mcg vitamin B₁₂; 2.5 mg iron; 32.3 mcg selenium; 7.8 mg zinc.*

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin, vitamin B₆, and iron.

***Nutrition information per serving, using tenderloin (3/4-inch thick):** 307 calories; 18 g fat (10 g saturated fat; 6 g monounsaturated fat); 108 mg cholesterol; 422 mg sodium; 4 g carbohydrate; 0.1 g fiber; 28 g protein; 7.1 mg niacin; 0.5 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 1.6 mg iron; 28.8 mcg selenium; 4.7 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc.

Nutrition information per serving, using tenderloin (1-inch thick): 392 calories; 22 g fat (11 g saturated fat; 7 g monounsaturated fat); 142 mg cholesterol; 448 mg sodium; 4 g carbohydrate; 0.1 g fiber; 41 g protein; 10.6 mg niacin; 0.8 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 2.4 mg iron; 43.2 mcg selenium; 6.9 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.