

## Ribeye Steaks with Balsamic Mushroom Sauce

**Total Recipe Time:** 35 - 45 minutes

**2 beef Ribeye Steaks, cut 3/4 inch to 1 inch thick (about 9 to 12 ounces each)**

**Salt and pepper**

**1 package (8 ounces) cremini or button mushrooms, cut in half**

**1 teaspoon dried thyme leaves**

**3/4 cup balsamic vinegar**

**2 tablespoons butter**

**1/4 teaspoon salt**



1. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 3/4-inch thick steaks 8 to 11 minutes (1-inch thick steaks 12 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Season with salt and pepper, as desired.
2. Add mushrooms and thyme to same skillet; cook and stir 3 to 5 minutes or until tender. Remove mushrooms; set aside. Add balsamic vinegar to skillet; increase heat to medium-high. Cook and stir 7 to 10 minutes or until browned bits attached to skillet are dissolved and sauce is reduced to 1/4 cup. Stir in butter, mushrooms and 1/4 teaspoon salt. Cook and stir until heated through.
3. Serve sauce with steaks.

**Makes 2 to 4 servings**

**Nutrition information per serving, 1/2 of recipe:** 493 calories; 22 g fat (11 g saturated fat; 7 g monounsaturated fat); 138 mg cholesterol; 409 mg sodium; 21 g carbohydrate; 0.9 g fiber; 45 g protein; 16.6 mg niacin; 1.0 mg vitamin B<sub>6</sub>; 2.4 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 79.9 mcg selenium; 9.1 mg zinc; 28.0 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.

**Nutrition information per serving, 1/4 of recipe:** 246 calories; 11 g fat (6 g saturated fat; 4 g monounsaturated fat); 69 mg cholesterol; 204 mg sodium; 11 g carbohydrate; 0.4 g fiber; 23 g protein; 8.3 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.2 mcg vitamin B<sub>12</sub>; 2.2 mg iron; 40.0 mcg selenium; 4.6 mg zinc; 14.0 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.

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