

Steak and Tomatoes (about 30 minutes)

3/4 # good steak, tenderloin works well. Sliced thin

1 onion, sliced

2 Tbsp. olive oil

1 15-ounce can diced tomatoes, no salt

(1 red or green pepper, sliced - optional)

3-4 mushrooms, cleaned and sliced

Lemon pepper, Italian seasoning, Worcestershire sauce, garlic powder, parsley flakes

1 cup beef bouillon mixed with 1 Tbsp. cornstarch

1 package Idahoan mashed potatoes, cooked according to package directions; or home-made mashed potatoes

Cook the onion in the olive oil until tender (12-15 minutes)

Add the sliced mushrooms. Do not crowd them.

(Add the optional sliced pepper)

Add the spices

Add the bouillon mixture

Add the tomatoes

Add the sliced steak which needs about 2 minutes to cook – about the same time as the Idahoan potatoes.

Serve the beef mixture next to or over the potatoes.