



Steak Diane

Tonya Lehman

One Day One Month Freezer Meal Technique

Yield: 4 servings

Originally from Taste of Home magazine. I quadrupled the sauce. Named after either the Roman goddess Diana, or 1930's beauty Lady Diana Cooper. Delicious!

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| 4 (½ inch thick) rib eye steaks | 1 teaspoon ground mustard |
| ¼ teaspoon pepper | 2 tablespoons lemon juice |
| ½ teaspoon salt | 1 tablespoon Worcestershire |
| 6 tablespoons butter, divided | 2 tablespoons minced fresh parsley |
| 4 tablespoons chopped green onion | 2 tablespoons minced fresh chives |

If using dried parsley or chives, use 2 teaspoons each instead.

Sprinkle steaks with pepper and salt; set aside. In a skillet, melt 2 tablespoons butter. Stir in green onion and mustard; cook for 1 minute. Add steaks; cook for 2 minutes on each side, or until the meat reaches desired doneness.

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Remove steaks to a serving platter and keep warm.

To make the sauce: Add lemon juice, Worcestershire sauce and remaining butter to the skillet; cook for 2 minutes. Add parsley and chives. Serve sauce over steaks.

to use as a freezer meal

Under cook steaks. Make the sauce as above. Place steaks in individual containers and add a scoop of sauce. Freeze.

Once frozen, pop out individual steaks/sauce and place in labeled baggie.

To serve, thaw overnight in the fridge. Warm in the microwave when ready to eat.