

# Seared Steaks with Caramelized Onions & Gorgonzola

4 servings

Active Time: 30 minutes

Total Time: 30 minutes

## Ingredients

- 2 tablespoons canola oil, divided
- 2 large onions, sliced (about 4 cups)
- 1 tablespoon brown sugar
- 1/2 cup reduced-sodium beef broth
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 pound beef tenderloin (filet mignon) or sirloin steak, 1-1 1/4 inches thick, trimmed and cut into 4 steaks
- 1/4 cup crumbled Gorgonzola or blue cheese



## Preparation

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add onions and brown sugar and cook, stirring often, until the onions are very tender and golden brown, about 15 minutes. Add broth, vinegar and 1/4 teaspoon salt and cook, stirring, until the liquid has almost evaporated, 3 to 4 minutes more. Transfer the onions to a bowl; cover to keep warm. Clean and dry the pan.
2. Sprinkle the remaining 1/4 teaspoon salt and pepper on both sides of each steak. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add the steaks and cook until browned, 3 to 5 minutes. Turn them over and top with cheese. Reduce heat to medium-low, cover and cook until the cheese is melted and the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with the caramelized onions.

## Nutrition

**Per serving:** 338 calories; 16 g fat ( 5 g sat , 7 g mono ); 69 mg cholesterol; 11 g carbohydrates; 36 g protein; 2 g fiber; 468 mg sodium; 565 mg potassium.

**Nutrition Bonus:** Zinc (31% daily value).