

Steak Grinder

Serves 2-3 People

Equipment Needed:

- Grill or Skillet to cook steaks
- Small Saucepan
- Small Mixing Bowl
- Kitchen Scale
- Measuring Spoons
- Whisk
- Sharp Carving Knife
- Cutting Board

Directions:

1). Gather all equipment & ingredients. Combine mayo, grain mustard and garlic powder in a small bowl and set aside.

- **1/4 C. (56g.) Real Mayonnaise**
- **1 T. (15g.) Grain Mustard**
- **1 t. (2g.) Garlic Replacer (or 1/4 t. garlic powder)**
- **2 t. (Fresh Chopped Parsley (or 1 t. dried parsley)**

2). Butter and toast your hoagie buns in a non-stick skillet on medium high heat. Set toasted buns aside.

- **2 T. (28g.) Butter**
- **2-3 Hoagie Buns**

3). [Slice and caramelize your onion and set aside.](#)

- **1 Medium Onion (omit if Low FODMAP - mix 2 T. fresh chives into your mayo instead)**
- **2 T. (28g.) Butter**

4). Prepare au jus - Combine all au jus ingredients in a small saucepan over medium high heat. Bring to a simmer for about 5-7 minutes, or until slightly reduced. Cut the heat but keep warm as you prepare the rest of your ingredients. When I'm short on time I just use store bought au jus mix and follow package directions.

- **1 T. (14g.) Butter**
- **1 C. (8oz.) Beef Stock**
- **1 T. Red Wine (or cooking wine)**
- **2 t. Worcestershire Sauce**
- **1/8 t. Black Pepper**
- **1/4 t. Sugar**
- **Any meat drippings you may have from cooking steaks**

5). [Prepare your steaks medium rare](#) and let rest for a few minutes.

- **10-12 oz. Beef Tenderloin Steak**
- **Salt & Pepper to Taste**

While steak is resting, start building your sandwiches by spreading mayo mixture on the top bun and caramelized onions on bottom bun. Thinly slice your steak against the grain and distribute evenly between the two sandwiches. Close up your sandwiches, carefully cut in half at a slight angle, and serve with au jus on the side. Be sure to have plenty of napkins handy. Enjoy!



****I like to serve my steak sandwiches with Grown in Idaho fries, prepared in the air fryer.**