

Steak & Gravy

4 x 4 oz filet mignon steaks
1 tsp oil

Gravy:

1 cup brewed tea or water
1 cup beef broth, low sodium
1 tbsp cornstarch
3 tbsp water
 freshly ground pepper

- In non-stick fry pan, heat oil on medium heat and cook steaks to desired doneness. Remove steak and keep warm.
- Prepare gravy; in fry pan, bring tea and broth to a boil.
- Make paste with cornstarch and water. Stir into broth.
- Cook, stirring frequently, until slightly thickened. Add pepper to taste. Pour gravy over steak and cornbread.
- Makes 4 servings.