

French Onion Steaks with Chocolate-Covered Berry Shakes



Aprons Advice:

- Complete your meal with fresh salad blend and French bread.
- For the shake recipe, it's important to add the ingredients in the order listed. The shell topping needs the cold of the ice cream to harden.

COOKING SEQUENCE

- Prepare steaks (20 minutes)
- Prepare shakes; serve (10 minutes)

CHOCOLATE-COVERED BERRY SHAKES

Ingredients

- 1 cup whole milk
- 12 oz fresh berries (about 3 cups)
- 4 cups vanilla ice cream
- 1/2 cup chocolate shell topping
- Whipped topping (optional)

Steps

1. Place milk, berries, and ice cream in blender (in that order); shake chocolate topping well and pour over ice cream. Let stand 1 minute to harden.
2. Process until ingredients are well blended. Divide mixture into 4 glasses; top with whipped topping if desired. Serve.

FRENCH ONION STEAKS

Ingredients

3 oz Deli aged white cheddar cheese
1 1/2 lb boneless grilling steaks (such as NY strip, ribeye, or tenderloin)
1 tablespoon olive oil
1 (1.25-oz) packet dry onion soup mix
3/4 cup reduced-sodium beef broth
1/2 cup french-fried onions

Prep

- Shred cheese (1/2 cup).
- Coat both sides of steaks with oil and soup mix (wash hands).

Steps

1. Shred cheese (1/2 cup). Coat both sides of steaks with oil and soup mix (wash hands).
2. Preheat large, nonstick sauté pan on medium 2–3 minutes. Place steaks in pan; cook 2–3 minutes on each side or until browned. Add broth to pan; cook and stir 3–4 minutes or until broth has thickened slightly and steaks are 125°F (for medium rare; warm red center), 130°F (for medium; warm pink center), or up to 170°F (for well done).
3. Top steaks with cheese and cover pan; cook 1 minute to melt cheese. Remove steaks from pan; top with fried onions. Serve with pan sauce.

NOTE: The doneness temperatures for medium rare and medium stated above are traditional temperatures used for cooking steaks, but are not recommended by the USDA. To maintain food safety, the USDA recommends an internal temperature of 145°F, as measured using a food thermometer, with a 3-minute rest time before carving.

NUTRITIONAL INFORMATION

CALORIES (per 1 serving each recipe) 960kcal; FAT 54.00g; SAT FAT 25.00g; TRANS FAT 0.00g; CHOL 175mg; SODIUM 1250mg; CARB 68g; FIBER 7.00g; SUGARS 51g; PROTEIN 49g; CALC 40%; VIT A 23%; VIT C 42%; IRON 20%

Chocolate-Covered Berry Shakes

CALORIES (per 1/4 recipe) 560kcal; FAT 32.00g; SAT FAT 17.00g; TRANS FAT 0.00g; CHOL 65mg; SODIUM 140mg; CARB 60g; FIBER 6.00g; SUGARS 50g; PROTEIN 9g; CALC 20%; VIT A 15%; VIT C 40%; IRON 10%

French Onion Steaks

CALORIES (per 1/4 recipe) 400kcal; FAT 22.00g; SAT FAT 8.00g; TRANS FAT 0.00g; CHOL 110mg; SODIUM 1110mg; CARB 8g; FIBER 1.00g; SUGARS 1g; PROTEIN 40g; CALC 20%; VIT A 8%; VIT C 2%; IRON 10%