



Steak with Thyme Butter

1 pound top sirloin steak(s)

Seasoning mixture: 1 tsp sea salt or regular salt, $\frac{3}{4}$ tsp garlic powder, $\frac{1}{2}$ tsp onion powder

3 tablespoons butter, softened

1 teaspoon country Dijon mustard

1 to 1 $\frac{1}{2}$ teaspoons fresh thyme leaves
(pulled off of stems)

$\frac{1}{2}$ teaspoon parsley



Sprinkle seasoning mixture on each side of steak. In a small bowl, combine remaining ingredients, mix well. Side dish preparation: steam potatoes, tomatoes and green beans. Add desired seasoning, toss with vinaigrette dressing. Grill steak over medium-high heat until cooked through to preference (about 7 minutes for medium-rare). Remove from heat. Immediately spread butter mixture over topside of steak to melt. Serve and enjoy.

Suggested Side Dish

Chopped small red potatoes, Chopped tomatoes, Chopped green beans, $\frac{1}{2}$ teaspoon garlic-herb seasoning, or salt and pepper to taste, 2 tablespoons vinaigrette dressing