



COFFEE RUBBED STEAK

Serves 4

NUTRITION INFORMATION PER SERVING
442 CALORIES, 7 G CARBOHYDRATE,
14 G FAT, 70 G PROTEIN

2 Tbsp brown sugar

1 tsp kosher salt

2 tsp cayenne pepper

1 tsp paprika

1 tsp garlic powder

2 tsp ground coffee beans

1 tsp dry mustard

4-8 oz top sirloin steaks

1 Tbsp oil

DIRECTIONS:

1. Combine spices and coffee in a small bowl and mix well.
2. Rub mixture onto both sides of each steak.
3. Heat oil in a pan or cast iron skillet.
4. Cook steaks for 7-8 minutes, flipping once, or until desired degree of doneness is reached.