

LUNCH OR DINNER — MAIN DISH

The Reverse-Sear Steak

About 4 oz cooked steak per serving

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	MEDIUM
Per serving (approx.): Protein 28 g · Fiber 0 g · Calories 250	

Ingredients

- ¾"-minimum cut steak (filet mignon, T-bone/porterhouse, New York strip, ribeye, or sirloin)
- Salt
- Pepper
- Garlic or garlic powder
- Oil (avocado, olive, etc.)
- Butter (optional)

Directions

1. Preheat the oven to 225°F.
2. Place the steak on a cooling rack set over a baking sheet. Season all sides generously with salt and pepper (garlic powder optional).
3. Cook in the oven 25–45 minutes, then remove and let rest 10 minutes.
4. Set a skillet over high heat; add 1 Tbsp oil and let it get hot.
5. Sear each side about 60–90 seconds until nicely browned, holding the steak on edge to sear the fatty edges. Rest briefly, slice, and serve.

Note: Target internal temps — rare 120°F, medium 140°F, well 160°F. Adapted from Serious Eats' reverse-sear method. Rating reflects a typical ~4 oz cooked portion.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

MEAT & POULTRY

- ☐ ¾"-minimum cut steak (filet mignon, T-bone/porterhouse, New York strip, ribeye, or sirloin)

DAIRY & EGGS

- ☐ Butter

PANTRY & DRY GOODS

- ☐ Pepper
- ☐ Oil (avocado, olive, etc.)

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Garlic powder