

Meal Planning on a Budget:
Pepper Crusted Steak

Ingredients:

3 tbsp melted butter
2 boneless sirloin steaks
Crushed black peppercorns to taste
Coarse sea salt to taste

Directions:

Rub steaks with pepper and salt on both sides. Refrigerate for 15 minutes. Line the air fryer*** basket with perforated parchment paper. Place steaks in basket and air fry at 350 degrees for 6 minutes. Melt butter in microwave. Carefully brush steaks with melted butter, turn steaks and butter the other side. Cook again for 2 minutes.

These steaks will be served with Roasted Brussel Sprouts and Potato Wedges:

Roasted Brussel Sprouts

Ingredients: Bag of Brussel Sprouts; 2 tbsp olive oil; salt and pepper to taste

Directions: Preheat oven to 400 degrees. Prepare a cookie sheet with aluminum foil. Cut off the hard ends of the Brussel sprouts, then slice in half long-ways. In a large bowl, toss with olive oil, salt and pepper. Spread across prepared cookie sheet in one layer. Roast in oven for 15-20 minutes. They are done when you see some dark, crispy edges! If you'd like, drizzle with

Potato Wedges

Ingredients: 2 Russet potatoes; 2 tbsp olive oil; salt and pepper to taste

Directions: Slice potatoes into 2-inch wedges. In a large bowl, toss with olive oil, salt and pepper. Place wedges in air fryer basket, forming an even layer. Cook at 400 degrees for 5 minutes. Remove air fryer basket and shake or carefully turn wedges for even cooking. Air fry again for 15 more minutes. Add an additional 5 minutes depending on size of potato wedges.

***If you don't have an air fryer, these steaks can be pan-fried or grilled on your outdoor grill. The potatoes can also be roasted in the oven, using the same directions as the Brussel Sprouts.