

Steak and Baked Potatoes

Preheat the oven to 400 degrees F.

4 Steaks of your choice
Salt and Pepper
Canola Oil

Season beef with salt and pepper on both sides.

Heat 1 tablespoon of oil in a large frying pan or oven proof skillet over medium-high heat. Add the steaks and sear on both sides until well browned. This should only take a total of a few minutes. Transfer the skillet to the oven and cook until steak reaches an internal temperature of between 130 and 135. [See the foodnetwork for guidelines.](#)

Baked Potatoes

Olive oil
Salt and Pepper
Potatoes

Rub potatoes all over with olive oil. Sprinkle with salt and pepper or Cajun seasoning . Prick with a fork and bake at 425 degrees until done, approximately 50 minutes.

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