

Cast Iron Seared Steaks with Peppers, Onions, and Dijon Sauce

Few things satisfy quite like a perfectly seared steak-and when it's paired with



TIME
40 min

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INGREDIENTS

For the Steaks:

2 boneless ribeye or sirloin steaks (6-8 oz each)

2 tbsp olive oil

Salt and freshly ground black pepper, to taste

2 tbsp unsalted butter

2 sprigs fresh thyme

2 cloves garlic, smashed

For the Vegetables:

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 large onion, sliced

Salt and pepper, to taste

1 tsp smoked paprika (optional)

Fresh parsley or cilantro, chopped (for garnish)

For the Sauce:

... cup beef broth

2 tbsp balsamic vinegar

2 tbsp honey

1 tbsp Dijon mustard

1 tbsp unsalted butter

DIRECTIONS

1. Caramelize the Vegetables: Heat 2 tbsp olive oil in a large skillet over medium heat.
2. Add bell peppers and onion. Season with salt, pepper, and paprika if using.
3. Cook for 10-12 minutes, stirring occasionally, until softened and slightly browned.
4. Transfer to a plate and keep warm.
5. Sear the Steaks: Pat steaks dry and season generously with salt and pepper.
6. In the same skillet, heat 2 tbsp olive oil over medium-high heat until hot but not smoking.
7. Add the steaks and sear for 3-4 minutes per side for medium-rare, adjusting for thickness.
8. During the last minute, add butter, garlic, and thyme, and spoon the melted butter over the steaks.
9. Rest the Steaks: Remove from skillet and let the steaks rest for 5 minutes to retain juices.
10. Make the Sauce: In the same skillet, lower heat to medium.
11. Add beef broth, balsamic vinegar, honey, and : Dijon mustard, scraping up brown bits.
12. Simmer for 3-4 minutes until slightly reduced.
13. Stir in 1 tbsp butter until glossy. Taste and season as needed.
14. Assemble the Plate: Slice steak if desired and plate alongside caramelized vegetables.
15. Drizzle with balsamic-: Dijon sauce.
16. Garnish with fresh herbs, and serve immediately.

SWAPS & NOTES

Steak options : NY strip, filet mignon, or skirt steak all work.

Add heat : Add red chili flakes to the veggie sauté for a spicy twist.

Use red wine vinegar with a bit more honey.

Extra sides : Serve with mashed potatoes, rice, or crusty bread.

TIPS FOR SUCCESS

Room temp steaks sear more evenly-let them sit out for 20 minutes before cooking.

Use cast iron for an unbeatable crust and heat retention.

Don't skip the rest time -it's key for juicy meat.

For extra decadence, serve over a bed of creamy mashed potatoes.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cast-iron-seared-steaks-with-peppers-onions-and-dijon-sauce/>