

# How to make steak, mashed potatoes and green beans

[Science](#), [Physics](#)



Growing up I was a very independent child. I always wanted to learn to do things for myself. When I was about seven or eight, I learned how to make steak. It instantly became my favorite food. Along the years I've gotten better at making steak and many other foods. One of my favorite dishes to make is green beans, mashed potatoes and of course steak. It is simple to make and requires little preparation.

It is very important to have all the ingredients before you start to prep and cook our meal. You will need: two pans, four potatoes, steak, one can of green beans, one pot, a potato peeler, can opener, pepper, garlic, seasoned meat tenderizer, onion and garlic powder, vegetable oil, butter, milk, salt, chives, and a standing mixer with a rotating bowl. Once you have all of that you can start to peel the potatoes. After you have done this, you can fill the pot up with water and bring it to a boil.

You can now add the potatoes and let it cook for about twenty minutes until they are cooked thoroughly. You can tell if they are finished if you can stick a fork easily through them. You then drain the water from the pot and put the potatoes in the standing mixer. The standing mixer makes it easier to whip the potatoes and they come out with no lumps. After you have whipped the potatoes, you can put them into a smaller pot and turn on the stove. Now you add a cup of milk, sprinkle some pepper and salt into the pot, and add 3 to 4 table spoons of butter.

You also add some chives for flavor and mix all the contents all together.

Lastly you reduce the heat and cover your finished product. Now you can move on to the steak. First you cut the steak into pieces and place it into a

bowl to be cleaned. You run it under hot water to get rid of any bacteria. After draining the dirty water, you start to season the steak. The seasonings you will use are pepper, meat tenderizer, garlic, and onion and garlic powder. After seasoning the meat you can dice the garlic and place it in a pan with vegetable oil.

Once the garlic is browned a bit, you can place the steak in the pan with half a cup of water. The water will keep the meat soft and tender. The steak will be brown all the way through when it is finished. Finally, you can start with the green beans. First you open the can and drain the water. Then you dice the garlic like you did for the steak. In a small pan you add three teaspoons of vegetable oil and add the diced garlic. Next you add the green beans and turn on the stove burner to a low heat.

Add some pepper, salt and garlic powder and mix it all together so that the seasonings can be evenly distributed. Once the green beans are hot, you are finished. You now have a delicious meal that is ready to eat. Cooking has become something that I enjoy doing. I love learning different ways to make the same foods and trying new foods and recipes. I love when I cook for my friends and family and they boast about how good the food was. It makes me feel good and want to keep cooking to get even better. I love cooking as much as I love to eat.