

Steak-and-Avocado Sandwich

By [Martha Stewart](#) Updated on July 26, 2018



Prep Time: 40 mins / **Total Time:** 55 mins / **Servings:** 4

Ingredients

- 1 pound skirt steak, cut crosswise into 4 pieces
- Kosher salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Worcestershire sauce
- 1 medium red onion, chopped (1 ½ cups)
- 1 can (15.5 ounces) black beans, undrained
- Sliced tomato and avocado, Mexican crema or sour cream, and hot sauce, for serving
- 4 hoagie rolls (preferably seeded), split, for serving

Directions

1. Season steak with salt and pepper. Drizzle with oil and Worcestershire, turning to evenly coat; let stand 10 minutes.
2. Heat a large skillet (preferably cast iron) over medium-high. Add steak and cook, flipping once, until seared and medium-rare, 5 to 7 minutes total. Transfer to a plate. Return skillet to medium heat (do not wipe clean). Add 1 cup onion; season with salt and pepper. Cook, stirring occasionally, until translucent, 3 to 4 minutes. Add beans with liquid and 1/3 cup water; simmer until thickened slightly, 5 minutes. Smash with a potato mash or fork until spreadable. Thinly slice steak, then stir steak juices into a bean mixture.
3. Season tomato and avocado with salt. Spread bean mixture onto rolls. Top with steak, tomato, avocado, remaining 1/2 cup onion, crema, and hot sauce; serve.