



## **BEEF TOP SIRLOIN STEAK**

### **Caramelized Onion Steak**

Prep Time: 5 minutes

Cook Time: 1 hour 10 minutes

Total Time: 1 hour 15 minutes

Servings: 3

## **INGREDIENTS**

1 pound Grass Run Farms® Beef Top Sirloin Steak (can use Round Steak, simmer longer)

1 large onion thinly sliced

2 tbsp sugar

2 tbsp Worcestershire sauce

1 tsp olive oil

1 cup water

## **PREPARATION**

1. Trim fat from steak.
2. Heat oil in saucepan and brown steak on both sides using a medium heat setting.
3. Place onion slices on top of meat.
4. Sprinkle sugar and Worcestershire sauce over onion and meat.
5. Simmer for 2 minutes on medium heat with lid on.
6. Add 1 cup water and once boiling, reduce heat to low.
7. Simmer for approx. 1 hour (if using Round Steak, simmer for 2 hours with 2 cups of water). Be sure there is always liquid to keep things from burning. Add more water if necessary.

*Recipe Courtesy of Grass Run Farms*

*[www.grassrunfarms.com](http://www.grassrunfarms.com)*