

## Moody's Quality Meats

### Chopped Sirloin Smothered Steak



**Prep Time:** 5 mins.

**Cook Time:** 45 mins (25 mins. stove top, 20 mins. oven)

#### Ingredients:

- 4-6 Moody's Chopped Sirloins
- Vegetable or olive oil (just enough to coat the inside of skillet)
- 4 Tbsp. butter
- 1/3 C. flour
- 3 C. Low sodium beef broth
- 1 Pkg. Zach's Irish Stew Seasoning (this can be purchased at Moody's)
- 1/4 C. Heavy cream (could also use half & half for a "lighter" version)

#### Preheat oven to 350 degrees

**Step 1:** Rub inside of cast iron skillet with vegetable oil.

**Step 2:** Heat cast iron skillet on stove using medium heat.

**Step 3:** Place sirloins in heated skillet – about 4-5 mins. per side (you may have to do this in batches depending on the size of your skillet). The sirloins will not be cooked all the way through. Once you have cooked all sirloins for 4-5 mins. on each side, remove to a plate. Drain the leftover juice from the skillet.

**Step 4:** With the skillet still on medium heat, place 4 Tbsp. butter in skillet and allow to melt. Sprinkle 1/3 C. flour over the melted butter. Whisk the flour into the butter (until smooth) and allow to cook and bubble for 2 minutes. This is the roux for your gravy.

**Step 5:** Once your roux has cooked (looking for a golden color), turn your heat to high, pour in 3 C. low sodium beef broth, whisking the entire time. Continue to whisk as the mixture begins to boil and thicken. Allow to boil for 3 minutes, whisking the entire time (a flat whisk works best when making any type of sauce or gravy). Add the packet of Zach's Irish Stew Seasoning while mixture is boiling. This is not a thick gravy, but should not be watery either. It is between a sauce and gravy.

**Step 6:** After 3 minutes, remove from heat and whisk in 1/4 C. heavy cream, continue to whisk until combined.

**Step 7:** Return sirloins to skillet with gravy. Make sure each sirloin is coated in gravy. Cover the skillet with foil and place in a 350 degree oven for 20 minutes or until juices from sirloins run clear. This is a great time to finish getting your sides together, setting the table, or begin cleaning up the kitchen.

**\*\*Extra Tidbits\*\*** Goes great with Moody's Prepared Entrees: Mac & Cheese, Green Bean Supreme, Ranch Style Green Beans, Gourmet Potatoes (twice baked potatoes), or Garlic Mashed Potatoes - items are made from scratch at Moody's Quality Meats

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