



### **Eagle Catcher Grassfed Sirloin Onion Steak**

Grassfed Sirloin Steak 2 lbs.  $\frac{3}{4}$ " thick. Thaw & season with lemon pepper, both sides. Marinade in Worcestershire sauce with 1 cup chopped onions overnight or for at least 2 hours- turn once. In large cast iron skillet, with 6 T. olive oil, sauté onions from marinade (use slotted spoon) till caramelized. Remove onions & set aside. Sauté Sirloin steak (after allowing marinade to drain thoroughly) in olive oil (after removal of onions) over medium heat 3 minutes per side. After sautéing second side, return onions to upside of steak & turn heat to low for additional 2 minutes, then remove to serving platter. Scoop remaining olive oil with onions from frying pan onto the steak in platter.