

# Spicy-Sweet Steaks And Onions

How does tender steaks rubbed with brown sugar and chili powder served with caramelized onions sound good for dinner? Sweet.



## INGREDIENTS

2 beef Sirloin Tip Center Steaks, cut 1-inch thick (about 8 ounces each)

1 tablespoon butter

2 cups thinly sliced sweet onions

2 tablespoons brown sugar

2 teaspoons hot chili powder

40 Min

4  
Servings

42 Cal

24g  
Protein

## COOKING

1. Melt butter in large nonstick skillet over medium heat. Add onions; cook 5 to 6 minutes or until crisp-tender, stirring occasionally. Season with salt and pepper, as desired. Remove from skillet; set aside.

2. Combine brown sugar and chili powder; press evenly onto beef Sirloin Tip Center Steaks. Place steaks in same skillet over medium heat; cook 14 to 15 minutes for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Remove steaks; keep warm.

3. Return onions to skillet. Cook and stir 1 to 2 minutes or until heated through and browned bits attached to bottom of skillet are dissolved.

4. Carve steaks into thin slices; season with salt and pepper, as desired. Serve with onions.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	73mg		16g	24g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com