



## Flamed Beef Cubes

**Ingredients:** (2 servings)

4 Tbsp unsalted butter, melted

½ lb beef (thick-cut good steak such as sirloin) cut into 1-inch cubes

1-2 cloves garlic, minced

4 Tbsp Essential Cooking Sauce

¼ medium yellow onion, cut into 1-inch cubes

½ tsp ground black pepper

½ tsp sugar (optional)

lettuce and tomato, chopped for salad

### **Cooking instructions:**

1. Heat pan or wok until hot at med-high heat.
2. Pour in melted butter and add beef cubes.
3. Sear meat until browned on both sides, turn meat **ONLY ONCE** during cooking (60 seconds).
4. Add garlic and mix (10 seconds).
5. Add Essential Cooking Sauce, onions, black pepper & sugar; toss for 30 seconds.
6. Place beef cubes over salad. Serve immediately.