



*Presents*



## **Slow Cooked Sirloin**

Presented October 12, 2013 by Mark & Donna Beverage

### Ingredients:

Grass fed beef

1 soup bone

1 stalk of celery (cut up)

1 carrot (cut up)

1/2 can of Coke

1 onion (cut up)

Cooking oil

Salt and Pepper to taste

### Instructions:

Brown Sirloin Steak in oil with one onion cut up. Remove from pan and put in a Dutch oven. Add soup bone, celery, carrot, Coke, and salt and pepper to taste. Meanwhile add 1 cup Beef stock to the onion and oil in pan. Let simmer for 1 minute and add to meat mixture.

Cook in oven at 210 degrees for 6 hours or in a crock pot on low. Enjoy!