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Center Cut Top Sirloin with Smothered Steak Topper ♦♦

A delicious recipe featuring center cut top sirloin steak topped with a smothered steak topper. The steak is cooked to perfection and served with a flavorful topping made with onions, mushrooms, and gravy. This recipe is perfect for meat lovers and is a great option for a hearty dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

10 oz	center cut top sirloin
1 medium	onion
1 cup	Mushrooms
1 cup	beef gravy

1 teaspoon Salt

1 teaspoon Black pepper

2
tablespoon Olive oil

Directions

Step 1

Grilling

Season the top sirloin steak with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a skillet over medium heat. Add onions and mushrooms, and cook until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Simmering

Add beef gravy to the skillet and stir well. Cook for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Grilling

Grill the seasoned top sirloin steak to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serve the grilled steak topped with the smothered steak topper.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 40 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Low Sodium

Sugar-Free

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Difficulty Level

Medium

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