



Creamy Garlic Steak Bites

Servings: 2

Prep: 15 minutes / **Cook:** 15 minutes

Ingredients:

- ¾ lb. Sirloin Steak, cut into small cubes
- 1 tbsp. Olive Oil
- 3-4 Garlic Cloves, minced
- Salt
- Pepper
- Red Pepper Flakes
- 6 oz. Pasta -OR- Mashed Potatoes*
- 1 tbsp. Butter
- 1 tbsp. All-Purpose Flour
- 1 ½ cups Milk
- ¼ cup Parmesan Cheese, grated
- 1 tbsp. Parsley, chopped
- ¼ to ½ cup Reserved Pasta Water**

** I have served this over pasta—I used medium shells—and over mashed potatoes. Both were very satisfying and filling.*

*** When I used mashed potatoes instead of pasta and didn't have pasta water, I just added a bit of tap water to thin the sauce..*

Steps:

1. Take meat out of the refrigerator 30 minutes before cooking.
2. Pat the steak dry with paper towels. Cut into 1" or smaller cubes and place in a bowl.
3. Salt and pepper the meat.
4. Gather the rest of the ingredients, measure, mince, and chop as necessary.

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5. If using pasta: Bring a pot of water to a boil and cook pasta according to package directions. Save ½ cup of pasta water, then drain. I returned the pasta to the pot, added a bit of olive oil, stirred to coat, then covered the pot to keep the pasta warm.
6. If using mashed potatoes: Cook as directed, if using pre-made from the store, or make from scratch as you see fit. I'm partial to a brand called, 'Resers Main St. Bistro.'
7. Add olive oil to a large frying pan and heat to medium-high.
8. Add steak and cook until desired doneness...about 4 to 5 minutes. You want the meat to reach at least 145° F (63° C). A light char on the outside and a warm, pink center is the goal in my house.
9. For the last minute or so of cooking the steak, add the garlic and stir constantly so it doesn't burn.
10. Transfer the steak to a plate or bowl and set aside.
11. Turn the heat down to medium, and using the same pan, melt the butter.
12. Add the flour and stir to combine for about 1 minute.
13. Gradually pour in the milk and stir until smooth.
14. Stir in the cheese, parsley, salt, pepper, and red pepper flakes.
15. Bring sauce to a simmer.
16. Slowly add some pasta water (or tap water) if the sauce is too thick.
17. Remove from heat.
18. Add pasta or mashed potatoes to a serving dish, or individual pasta bowls, then top with the steak and sauce.
19. Enjoy immediately, if not sooner.

This goes great with a crusty bread or biscuits and a simple salad!