
Sirloin Tips

Merri Brown - Massachusetts

North American Potpourri - Autism Directory Service, Inc1993

2 pounds sirloin tip steaks

1 cup ketchup

1 clove garlic

oil

3 tablespoons Worcestershire sauce

Grill or broil the steaks until brown on both sides.

In a skillet, saute' the garlic clove in oil. Add the ketchup and Worcestershire sauce to the saute'd garlic. Add the steaks.

Cover and bake at 350 degrees for 45 minutes.

Beef

Per Serving (excluding unknown items): 290 Calories; 1g Fat (2.3% calories from fat); 5g Protein; 75g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3288mg Sodium. Exchanges: 0 Vegetable; 5 Other Carbohydrates.