

# LIVER AND ONIONS

## Ingredients

1¼ cup flour

1½ teaspoon salt

1½ teaspoon pepper

1 lb beef liver

2-3 Tbsp Butter (For Onions)

2 Tbsp oil (For Onions)

2 cups thinly sliced onions

1½ cup beef stock

2-3 Tbsp Butter (To Brown Liver)

2-Tbsp Oil (To Brown Liver)

1 tablespoon minced Italian parsley if desired

## Directions

Combine flour, salt and pepper in bag.

Slice the liver into 1/2 inch strips and shake in bag of seasonings to coat. Set Aside.

Heat skillet with 2-3 Tbsp of butter and oil.

Saute the onions on medium heat until tender and glossy.

Transfer to side dish and sprinkle with, salt and pepper.

Return skillet to medium high heat, add 3-4 tablespoons butter and dash of oil.

Add liver and cook about 5 minutes until brown.

Remove liver and onions from pan and plate.

Use stock to deglaze pan and reduce liquid til you have a thickened sauce.

Sprinkle with parsley if desired and serve.