

# LIVER & ONIONS !

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### INGREDIENTS :

2 lb. beef liver  
1 tsp granulated garlic  
1 tsp steak seasoning  
1/2 call purpose flour  
2 large onions, sliced  
1/4-1/3 chopped green onions  
2-3 Tbsp. extra virgin olive oil, or oil of your choice

### How to Make:

**PAN SEARED BEEF LIVER & ONIONS** These are the only 2 spices I needed for this dish. Season Beef liver on both sides with steak seasoning and granulated garlic. Next dredge liver in flour and be sure to cover both sides completely. Now heat the olive oil in a large skillet till very hot, then carefully add each liver slice to pan, I had 4 slices in 2 pounds. Brown on both sides, then remove from skillet to a large platter, need not be fully cooked when removed from skillet, just browned on both sides. Repeat until all the liver has been browned. Slice onions as desired and add additional olive oil if needed so onions can cook. Cook for about 5 minutes. Stir in skillet to prevent burning. Now add in the browned pieces of beef liver. Cover with a lid, add about 1/4 cup of water, reduce heat to low and allow onions to continue cooking and liver to steam for about 7 or 8 minutes or as desired. Remove from skillet, top with the grilled onions, and add the chopped green onions, then serve with rice or mashed potatoes as desired.