

DINNER

Sunday Beef for Weeknights This is a Monday through Friday alternative to spare ribs

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$3.78	545 kcal



Sunday Beef for Weeknights This is a Monday through Friday alternative to spare ribs is a main course that serves 4. One portion of this dish contains about 42g of protein, 22g of fat, and a total of 545 calories. For \$3.78 per serving, this recipe covers 31% of your daily requirements of vitamins a...

Ingredients

- ☐ 24 ounces beef sirloin, cut into 4 (6-ounce) lean, trimmed steaks
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- ☐ 2 cups good quality beef stock, from soup aisle
- ☐ 2 tablespoons butter, cut into small pieces
- ☐ 1 carrot, 1/2-inch dice

☐ 2 ribs celery, from the heart, with greens, chopped

☐ 1 cup dry red wine

☐ 2 bay leaves, fresh or dried

☐ 3 garlic cloves, smashed

☐ 2 tablespoons extra-virgin olive oil, 2 turns of the pan

☐ 1 pound red skinned potatoes, quartered

☐ 4 servings Crusty bread, to pass at table

☐ 2 tablespoons all-purpose flour

☐ 4 sprigs fresh thyme

☐ 1 leek, trimmed

☐ 1 tablespoon red currant jelly, optional, grape jelly can be substituted
canned

☐ 4 servings Salt and pepper

EQUIPMENT Frying pan, Whisk, Stove, Colander

Method

- 1 Heat a deep, heavy bottomed skillet over high heat, then add 2 tablespoon extra-virgin olive oil. Season meat with salt and pepper, then caramelize the meat 2 minutes on each side.
- 2 Cut leek lengthwise, then cut into 1/2-inch slices across. Wash under running water in colander, separating all of the layers.
- 3 Drain well.
- 4 Remove steaks from pan and reduce heat to medium high.
- 5 Add butter to the pan and the leeks, garlic, carrot, celery and potatoes. Season vegetables with salt and pepper.
- 6 Add thyme and bay sprigs.
- 7 Saute veggies 10 minutes.
- 8 Add flour, cook 1 minute.
- 9 Whisk in red wine and reduce 1 minute.
- 10 Whisk in broth and bring to a bubble. Stir in jelly. Slide meat into pan. If serving immediately, simmer over medium heat 7 to 10 minutes. If this meal is a make-ahead, remove the dish from the stove top at this point. When you reheat, bring sauce to a bubble and simmer 5 to 7 minutes over moderate heat.
- 11 Work on other dishes in your menu or dessert with the pockets of time created as veggies and meat cook.
- 12 Remove from stove top and serve each steak with lots of veggies and broth in shallow dishes with crusty bread for dipping.

Nutrition per serving

545

KCAL

42 g

PROTEIN

22 g

FAT

34 g

CARBS

Saturated Fat

8.5 g · 53% of daily needs

Fibre

3.1 g · 13% of daily needs

Sugar

6.2 g · 7% of daily needs

Sodium

633 mg · 28% of daily needs

Cholesterol

121 mg · 40% of daily needs

Vitamin C

16.2 mg · 20% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sunday-beef-for-weeknights-this-is-a-monday-through-friday-alternative-to-spare-ribs-148337