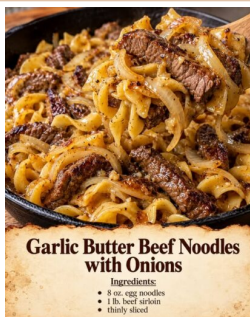


Garlic Butter Beef Noodles with Onions

Egg noodles tossed with thin sirloin, softened onions, garlic butter, and a light soy pan sauce.



PREP
15 minutes

COOK
20 minutes

TOTAL
35 minutes

SERVES
4 servings

INGREDIENTS

- 8 ounces dry egg noodles
- 1 pound beef sirloin, thinly sliced across grain
- 1 medium onion, sliced
- 4 tablespoons unsalted butter, divided
- 1 tablespoon neutral oil
- 4 garlic cloves, minced
- 2 tablespoons reduced-sodium soy sauce
- Salt and pepper, to taste
- Chopped green onions, optional
- 1/4 to 1/2 cup reserved noodle water, as needed

DIRECTIONS

1. Cook noodles by package directions. Reserve some cooking water; drain.
2. Pat beef dry. Sear in oil over medium-high heat in small batches, about 2 to 4 minutes as needed. Check largest strips reach 145 degrees F; rest on clean plate at least 3 minutes.
3. Lower heat; add 2 tablespoons butter and onion. Cook 5 to 8 minutes until soft. Add garlic for 30 seconds without browning.
4. Add noodles, soy sauce, remaining butter, and a splash noodle water. Toss over gentle heat until coated.
5. Return rested beef and juices; toss briefly to combine. Taste before adding salt. Garnish and serve.

SWAPS & NOTES

Oil is used for the hotter sear; butter goes in later to limit scorching. Use noodle water in small splashes, not all at once.

Times are estimates; check texture and the specified internal temperature.

Chill within 2 hours (1 hour above 90 degrees F) at 40 degrees F or below. Use within 3 days, sooner for older ingredients.

Reheat leftovers to 165 degrees F. Freeze cooled portions airtight up to 2 months for quality; thaw refrigerated.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/garlic-butter-beef-noodles-with-onions/>