

Miller's Steak and Veggies

INGREDIENTS:

- Two dry-aged ribeye steaks
- One cup of butter
- One TBSP of fresh minced thyme
- Two cloves of garlic
- Two TBSP of vegetable oil
- Olive oil
- Sea salt
- Fresh-ground pepper
- Garlic powder
- Two zucchinis
- One sweet onion
- One red bell pepper

Notes** Dry-aged ribeye is my favorite steak, if you prefer another you're wrong but also that's fine. This recipe should give you medium steaks, if not possibly medium rare. Adjust oven time to change that, not pan searing time.

INSTRUCTIONS

1. Prep is key here, so we'll start out by preheating our oven to 275 and putting our cast iron (big enough to fit both steaks) in a rack in the bottom third. Place another rack in the middle.
2. Take both steaks out of the refrigerator and pat dry on both sides with a paper towel, then rub in sea salt and pepper. Don't do too little, but don't go crazy either.
3. Cut your zucchinis in half length-wise, then quarter those halves and set aside. Cut onion into quarters, and bell pepper into strips. Set onion and bell pepper aside.
4. Mince the thyme and garlic. Put in a pan with a little olive oil and sauté until fragrant. Throw the stick of butter(1 cup) in the pan and mix while it melts. Once butter is completely melted pour into a bowl and put in fridge.
5. Now that oven is preheated, place steaks on a wire rack over a pan and place in oven for 15 minutes.
6. At about the 13 minute mark, take cast iron pan out and place on stove and set heat to medium-high, put in 2 tbsp of vegetable oil.

7. Take a cutting board/large plate and put aluminum foil large enough to cover two steaks on it, get the butter out of the fridge and cover the aluminum foil where you'll be placing the steaks.
8. At 15 minutes take the steaks out, and place both on cast iron steak. Flip every 30 seconds for two minutes total.
9. Remove the steaks and place on aluminum foil, slather butter on top of each and loosely cover with aluminum foil, make sure you leave room for steak to escape.
10. Put some olive oil and salt in a pan, turn on medium, medium-high and put zucchinis in.
11. At the same time put some olive oil, salt, and garlic powder in a separate pan and place quartered onions(try to keep them together) and bell peppers in that pan. Top with some more olive oil and salt and garlic powder, and place a lid covering the vegetables up. This pan should be on medium, medium high.
12. After about 5 minutes, rotate zucchini, onions, and bell pepper. Leave for another 5 minutes. They should be done but if not cook some more.
13. Unwrap steak, shake excess butter off and plate with vegetables. Enjoy!