

Our State eats

Published in the February 2026 issue of Our State

Sirloin Beef Tips With Peppers & Onions

Yield: 4 servings.

- 2 tablespoons Worcestershire sauce
- 1 teaspoon red wine vinegar
- 1 tablespoon light brown sugar
- 3 tablespoons vegetable oil, divided
- 2 cloves garlic, minced
- 2 pounds top sirloin or New York strip steak, cut into 1-inch cubes
- 1 large sweet red bell pepper, cored, seeded, and sliced into bite-size pieces
- 1 large green bell pepper, cored, seeded, and sliced into bite-size pieces
- 1 medium purple onion, cut into thin wedges
- 1 teaspoon mesquite steak seasoning
- Freshly cracked black pepper, to taste

In a small bowl, whisk together Worcestershire, vinegar, brown sugar, 2 tablespoons vegetable oil, and garlic. Pour marinade into a plastic food bag with sirloin tips; refrigerate overnight.

Remove sirloin from bag and discard marinade.

Heat a tablespoon of vegetable oil in a large cast-iron skillet over medium-high heat. Add sirloin tips in a single layer to



hot skillet. Cook for 2 to 3 minutes for medium-rare, up to 5 to 7 minutes to your preferred doneness. Remove from pan and allow sirloin tips to rest.

Return skillet to stove. Over medium heat, add peppers and onions. Season with steak seasoning and black pepper to taste. Cook for 5 minutes, scraping the brown bits from the bottom of the skillet. Cook until edges are browned and just fork tender. Add the sirloin beef tips back to the pan. Stir until heated through.

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Fresh Creamed Spinach

Yield: 4 servings.

- 2** tablespoons unsalted butter
- 1** medium yellow onion, chopped
- 3** pounds fresh baby spinach, stems removed if preferred
- 1** teaspoon garlic powder
- ½** cup heavy whipping cream
- 4** ounces cream cheese, softened
- ¼** cup vegetable stock
- ½** cup freshly grated parmesan cheese
- ¼** teaspoon ground nutmeg
- Salt and pepper, to taste**

In a large stock pot over medium heat, add butter and onion; cook until onion becomes translucent, about 5 to 7 minutes.

Reduce heat to medium-low and add fresh spinach. Cover with lid and cook for 5 minutes. Stir in garlic powder, heavy cream, cream cheese, vegetable stock, parmesan, and nutmeg. Cook for 3 to 5 minutes, stirring occasionally.

Add salt and pepper to taste.



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Pickled Roasted Beets

Yield: 6 servings.

- 4 to 5 medium beets**
- ½ cup apple cider vinegar**
- ½ cup water**
- 3 cloves garlic, minced**
- ½ teaspoon salt**
- 3 whole cloves**

Preheat oven to 375°. Line a large baking sheet with parchment paper.

Wash beets and cut off all but about an inch of the greens. Save the greens for sautéing at another time.

Wrap beets individually with aluminum foil, making sure to seal the edges. Place the beets on the sheet pan and bake for 1 hour or until a knife moves easily into center of beets.

Remove the beets from oven and carefully peel away foil. Place cooked beets into a large bowl with ice water. Remove skin from beets with either a hand towel or paring knife.

Slice the beets into ¼-inch slices. Place beets into pint-size glass jars.

In a saucepan, add vinegar, water, garlic, salt, and cloves. Simmer for 10 minutes. Let liquid cool, then pour over beet slices. Secure lids and refrigerate beets for 1 to 2 days before serving.



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