

# Simple Super Bowl sliders make the grade



Super Bowl Sliders - French Onion Style Photo Susie Iventosch

By Susie Iventosch

We visited some good friends in Arizona over the holidays, and upon our arrival, their

entire family was on hand to greet us. This was especially fun, because two of our adult kids were with us, too, and they had all known each other since they were very young. Of course, nothing enhances a reunion of friends more than a sumptuous meal. Murry's tri-tip sliders were amazing and the second I tasted them, I knew they would be fodder for the food column! I count on two sliders per person, but some of your guests may eat more, so just multiply the recipe accordingly.

While I was trying to figure out how exactly to spell tri-tip (with a hyphen or without – turns out either way is fine) I came across some interesting information about this cut of meat and how its name came about in the first place. Oddly, it never occurred to me that this cut is always a triangular shape coming from the same shaped muscle located near the bottom of the sirloin section of the steer. Therefore it became known as "tri-tip." On the East Coast, it is sometimes referred to as a

"triangular steak" or just plain "steak tip" and in California it has several monikers, including "Santa Maria steak" and "Newport steak." In any case, it is delicious for this meal, and whether you marinate it or just season it with salt, pepper and Johnny's Seasoning Salt, it will be perfect for these sliders. We actually used buffalo tri-tip the last time we made it and it was fantastic. When you get ready to serve the tri-tip, slice it thinly across the grain for these sandwiches.

## Murry's Super Bowl Sliders – French Onion Style

(Makes 12 sliders)

### INGREDIENTS

- 1 package (12) King's Hawaiian Sweet Rolls (or your favorite dinner rolls)
- 1 tri-tip steak, 2-3 pounds
- 1-2 teaspoon(s) Johnny's Seasoning Salt
- 1 package French Onion Soup Mix
- 4 tablespoons butter
- 1 package (5.2 ounces) Boursin Garlic and Fine Herbs cheese

### DIRECTIONS

Preheat oven to 350 F. Preheat grill to medium heat. Season top and bottom of tri-tip with your favorite rub or seasoning salt. I like the simplicity of Johnny's for this recipe, since you have the French onion soup flavors on the rolls. You can also marinate the tri-tip in a simple marinade for a few hours ahead of grilling.

Melt butter and stir in 1 packet of the French Onion Soup mix. Split rolls in half horizontally with a bread knife and place them on baking sheet. Brush tops with melted butter mixture. Heat in a 350 F oven for about 10 minutes, or until tops are golden brown, but rolls are still soft.

Barbecue tri-tip anywhere from 5-10 minutes per side, depending on the thickness and desired doneness. Remove from grill and slice thinly across the grain.

When ready to serve, spread Boursin on the bottom half of each roll and layer slices of tri-tip over the cheese. Place tops back on roll and you have yourself some super-duper Super Bowl sliders!



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

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## Lynn's Top Five

# The resolution revolution! A better path toward financial health

By Lynn Ballou CFP®

Have you overdosed on New Year's resolution articles and advice columns? Did you launch with good intent only to find yourself already wobbly, off course? While I love the notion of a clean slate to launch a new year and I support anyone willing to give it a solid try, I think we have to ask ourselves why do so many of our New Year's resolutions fall by the wayside?

The truth: We look for a quick fix. We don't want to do the hard work to figure out why we covet and create resolutions. It takes almost nothing to blow us off course and we haven't the tools to work our way back.

My suggestion? Toss out the resolutions. Instead create new habits by setting up new approaches that work for you.

Over the course of a well-lived life we seem to share three overriding personal financial planning aspirations. I'm asking you to choose just one thing, one aspect, one morsel of your financial life where you want to start and focus your efforts on change for achievement of just that one thing.

Start by focusing on what matters most to you, right now. Here is a master road map for change.

### 1) Live Debt Free

- Know your true take-home income; spend less than that.
- Craft a lifestyle you can afford;
- If you can't afford your lifestyle, earn more and/or spend less.
- Save monthly for the big annual expenses: property taxes and vacations are examples.
- Have an emergency fund because life is often more expensive than what we plan for.
- Replenish your emergency fund when you tap into it by cutting back on discretionary spending until your emergency fund is built back up.
- Know your available benefits at work and use all of them as robustly as appropriate.
- Be cautious: only take on affordable debt to acquire

cars and homes.

- Invest monthly as part of your budget. Do not go into debt to invest. Instead, live below your means and use that differential to invest.

### 2) Don't Outlive Your Resources

- Define your goal for financial independence: key components are the lifestyle costs you aspire to maintain and age you desire that independence.
  - Do the math to determine how much you need to invest, in what time frames, and for how long, to successfully reach those goals.
  - Go back to the "living debt free" checklist. Accomplish those steps and stay on top of them as your lifestyle choice. Lather, rinse, repeat!
  - Learn what you need to invest in and how to do so systematically using payroll deductions and other automatic investing techniques.
  - Review your progress twice a year.
  - Incorporate good and bad times and up and down markets into your planning. Stress test your plan to determine the likelihood of a successful outcome.
  - If you want too much and/or too soon, be honest and modify expectations or craft change now in your income, spending and investing.
  - Pay your future-self first before using discretionary cash flow for vacations and other current wants that aren't really needs.
- ### 3) Give Back and Pay it Forward
- Be affordably charitable to family. Your heart might be larger than your resources. Know your limits and how to communicate them.
  - Provide charitable assistance only to the primary causes that matter most to you to keep yourself within budget.
  - Know what can you really afford and in what time frames.
  - Consider both time and asset donation as giving options.
  - Keep it real so that you don't end up becoming a beneficiary of the charities you support.
  - If you are discontented with one or more aspects of

your personal financial health, examine what is instilling discomfort. Focus on that, the changes you need to make to overcome any roadblocks so you can create a better outcome for yourself. Craft a path for change with steps you can actually do. Create a checklist in chronological order of what needs doing. Then take those steps.

Overwhelmed? Work with professionals who are required to act as fiduciaries on your behalf as you navigate the complexities of giving, including income and estate tax planning. None of us can accomplish all of these alone. Seek out educated and appropriately licensed professionals that you connect with to help you create the financial narrative you want for your life.

Hoping things will work out is not a plan. It's a fantasy. Follow these steps so that the next time you read about New Year's resolutions, you can feel confident that you have a real plan that you can rely on, and not just a wish.



Lynn Ballou is a CERTIFIED FINANCIAL PLANNER™ professional and Regional Director with EP Wealth Advisors, a Registered Investment Advisory Firm in Lafayette. The review, assessment, and/or opinion expressed in this column are limited to and in association with general financial planning subjects. They are intended to introduce the reader to a general financial planning topics. This column should serve as a tool that should assist readers in the development of subsequent discussions with a financial planning professional. Always consult an accountant and/or attorney to assess your individual situation prior to implementing any financial planning strategy, including any strategy directly or indirectly referenced in this column.

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