

Oven Barbecued Beef

Louise Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*3 pounds round steak, 3/4
inch thick
3 tablespoons salad oil
1/2 cup chopped onion
3/4 cup ketchup
1/2 cup vinegar
3/4 cup water
1 tablespoon brown sugar
1 tablespoon prepared
mustard
1 tablespoon
Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper*

Preheat the oven to 350 degrees.

Cut the steak into ten equal portions. Pour oil into a skillet. Brown each piece of steak on both sides. Transfer to a roasting pan.

Add the onions to the oil in the skillet. Brown lightly. Add the ketchup, vinegar, water, sugar, mustard, Worcestershire sauce, salt and pepper. Simmer in the skillet for 5 minutes. Pour the sauce over the steaks in the pan. Cover.

Bake for two hours or until the meat is tender.

Per Serving (excluding unknown items): 3253 Calories; 206g Fat (57.6% calories from fat); 265g Protein; 76g Carbohydrate; 4g Dietary Fiber; 807mg Cholesterol; 4227mg Sodium. Exchanges: 0 Grain(Starch); 37 Lean Meat; 1 Vegetable; 18 1/2 Fat; 4 1/2 Other Carbohydrates.