
Baked Steak and Tomato Sauce

Mrs Catherine Chase - Bedford, IN

Olde Family Favorites - Order of the Eastern Star -1965

2 pounds round steak, cut into serving pieces

salt

pepper

3 tablespoons salad oil

1 large onion, sliced

1 large mango, sliced

1 can (6 ounce) tomato paste

1/4 cup flour

1 1/2 cups water

1/2 teaspoon salt

1/8 teaspoon pepper

1 bay leaf

1/4 teaspoon thyme

2 teaspoons sugar

Salt and pepper the steaks.

In a skillet, brown the steaks in oil.

Place the steak pieces in a casserole dish. Top with the onion and mango.

In a bowl, combine the tomato paste, flour, 1-1/2 cups of water, salt, pepper, bay leaf, thyme and sugar. Mix well. Pour the mixture over the meat.

Bake, covered, at 350 degrees for 1-1/2 to 2 hours.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 2526 Calories; 152g Fat (54.4% calories from fat); 184g Protein; 103g Carbohydrate; 13g Dietary Fiber; 538mg Cholesterol; 2572mg Sodium. Exchanges: 1 1/2 Grain(Starch); 24 1/2 Lean Meat; 6 1/2 Vegetable; 2 1/2 Fruit; 15 Fat; 1/2 Other Carbohydrates.