
Braised Family Steak

Miriam Esterkis - New Jersey

North American Potpourri - Autism Directory Service, Inc1993

1 two pound boneless beef chuck steak (1-1/2 to 2 inches thick)

1 cup tomato juice or sauce

1 package French onion soup dry mix

1 pound peeled potatoes, cut in eighths

2 cups (or more) carrot pieces, cut two inches long

Place the steak on a large heavy-duty sheet of aluminum foil in a shallow roasting pan.

In a bowl, stir together the tomato sauce, soup mix, potatoes and carrots. Pour over the steak and push the vegetables around the steak.

Bring the edges of the foil up and seal over the meat with a double fold.

Bake in a 350 degree oven for 1-1/2 to 2 hours or until the meat is tender.

Beef

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .