

Complete Savory Steak Meal

Sherry DeClerk - Pocahontas, AR
Treasure Classics - National LP Gas Association - 1985

Servings: 6

1 pound boneless beef round steak, tenderized
2 tablespoons butter or margarine
1 cup green onions, chopped
1 cup fresh mushrooms, sliced
1 can (11 ounce) cheddar cheese soup
3/4 cup beef broth (salt free, if possible)
1 1/2 teaspoons garlic powder
1/4 teaspoon pepper
2 cups sliced carrots
2 cups sliced celery
3 cups hot cooked rice

Preparation Time: 45 minutes

Cook Time: 30 minutes

Cut the meat into thin narrow strips. In a skillet, brown on all sides in hot butter. Add the onions and saute' until tender crisp. Saute' the mushrooms and then remove them.

Stir in the soup, broth, garlic powder and pepper. add the carrots. Cover and simmer for 20 minutes until the meat is tender.

Stir in the celery and mushrooms. Cook for 10 minutes.

Serve over cooked rice.

Per Serving (excluding unknown items): 188 Calories; 4g Fat (20.4% calories from fat); 4g Protein; 34g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 93mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 1 Fat.