

Oven-Barbecued Steaks

Bettie Ivers

Totland College Nursery School - Braintree, MA (1978)

Servings: 10

3 pounds round steak, cut

3/4-inch thick

2 tablespoons vegetable oil

1/2 cup chopped onions

3/4 cup catsup

1/2 cup vinegar

3/4 cup water

1 tablespoon brown sugar

1 tablespoon 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 the oil into a skillet. Brown each piece of steak on both sides. Transfer the steaks to a roasting pan.

Add the onions to the oil in the skillet. Brown the onions. Add the catsup, vinegar, water, brown sugar, mustard, Worcestershire, salt and pepper. Simmer for 5 minutes.

Pour the sauce over the steaks in the pan. Cover.

Bake for two hours.

Per Serving (excluding unknown items): 313 Calories; 19g Fat (56.0% calories from fat); 27g Protein; 8g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 423mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.