

Round Steak Italienne

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Totland College Nursery School - Braintree, MA (1978)

Servings: 6

*2 pounds round steak, cut
1/2-inch thick
2 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
3 tablespoons bacon fat
1 cup water
1 clove garlic, minced
15 ounces tomato sauce
1 green pepper, cut in strips
1 onion, sliced
1/2 pound mushrooms,
sliced
2 teaspoons sugar
1/2 teaspoon oregano
1/8 teaspoon basil
1/4 cup parmesan cheese*

In a bowl, combine the flour, salt and pepper.

Cut the round strip into one-inch wide strips.
Dredge the strips in the seasoned flour.

In a skillet, brown the strips on both sides in
bacon fat. Pour off the drippings. Add the water
and garlic. Cover and cook slowly for one hour.
If more water is needed, it may be added during
this time.

Add the tomato sauce, green pepper, onion,
mushrooms, sugar, oregano and basil. Cover
and continue cooking slowly for 30 minutes or
until the meat is tender.

Arrange on a serving platter. Sprinkle with
Parmesan cheese.

Per Serving (excluding unknown
items): 422 Calories; 26g Fat
(56.0% calories from fat); 33g
Protein; 13g Carbohydrate; 2g
Dietary Fiber; 99mg Cholesterol;
1139mg Sodium. Exchanges: 0
Grain(Starch); 4 1/2 Lean Meat; 1
1/2 Vegetable; 2 1/2 Fat; 0 Other
Carbohydrates.