

# Good and Easy Veal

Nina Denny - Rancho Palos Verdes, CA  
Treasure Classics - National LP Gas Association - 1985

**Servings: 6**

*4 to 6 veal steaks, two  
inches thick  
salt  
pepper  
2 tablespoons lemon juice  
1/4 cup catsup  
1/2 cup buttered bread  
crumbs*

**Preparation Time: 10 minutes****Bake Time: 1 hour 30 minutes**

Rub the steaks with salt and pepper. Place in a shallow 7x11-inch baking dish.

Sprinkle with lemon juice and spread with catsup.

Cover with buttered crumbs. Add a little water. Cover the baking dish.

Cook in a slow oven (300 degrees) for one and one-half hours. Remove the cover for the last 15 minutes to brown.

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Per Serving (excluding unknown items): 279 Calories; 11g Fat (36.9% calories from fat); 39g Protein; 3g Carbohydrate; trace Dietary Fiber; 166mg Cholesterol; 287mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Fruit; 0 Other Carbohydrates.