
Nebraska Beef Steak

Lucy Kroese - Cook, NE

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

8 servings round steak

1 cup flour

fat

2 teaspoons salt

1 teaspoon pepper

1 tablespoon Worcestershire sauce

1 teaspoon marjoram (optional)

tomato juice OR sour cream

1 onion, chopped

Roll the beef in flour. In a skillet, brown the steak slowly on both sides in hot fat.

Season with salt and pepper. Add the Worcestershire sauce and marjoram, if using. Add a small amount of tomato juice or sour cream.

Place the beef in a large roaster with the juice. Add the onion. Cover.

Roast for one hour at 325 degrees.

Beef

Per Serving (excluding unknown items): 265 Calories; 13g Fat (44.8% calories from fat); 22g Protein; 14g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 605mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.