
Smothered Steak

Mrs Kay MacDonald - Westmount, Nova Scotia

Olde Family Favorites - Order of the Eastern Star -1965

1 1/2 pounds round steak

1 tablespoon butter

salt (to taste)

pepper (to taste)

2 cups hot water

6 carrots, sliced

1 medium onion, sliced

1 tablespoon flour

1/2 cup cold water

Cut the steak into serving pieces. In a skillet, brown the steak in butter, seasoning with salt and pepper.

Add hot water and simmer for one hour.

Add the carrots and onions. Cook for 30 minutes, adding water if necessary.

Thicken with flour mixed with cold water.

Yield: 5 to 6 servings

Beef

Per Serving (excluding unknown items): 1657 Calories; 95g Fat (52.0% calories from fat); 137g Protein; 59g Carbohydrate; 15g Dietary Fiber; 434mg Cholesterol; 629mg Sodium. Exchanges: 1/2 Grain(Starch); 18 1/2 Lean Meat; 10 1/2 Vegetable; 7 1/2 Fat.