

Yankee Cheddar Steak



PREPARATION TIME

15 minutes



COOKING TIME

45 minutes



PERFECT PARTNER

green beans



A meat mallet is a specialty tool found in gourmet cookware stores. If you do not want to invest in one, cover the steak with plastic wrap and pound with the bottom of a small cast-iron skillet.

SHOPPING LIST

- round steak
- tomato sauce
- Cheddar cheese

ON HAND

- flour
- salt
- pepper
- oil
- onion

INGREDIENTS

- 1 pound round steak,
1/2 inch thick
- 1/4 cup all-purpose
flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons
vegetable oil
- 1 medium onion,
thinly sliced
- 1 cup Italian-style
tomato sauce
- 1 cup shredded
Cheddar cheese

SERVES **4**

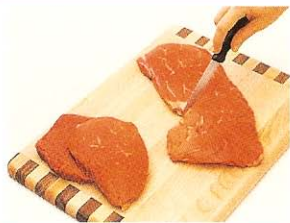
Make Ahead

You can prepare the steak through step 1 up to 2 hours ahead. Refrigerate until ready to cook.

◆ VARIATION

To turn this dish into a scrumptious weekend lunch, make sandwiches on Kaiser rolls with leftover steak.

- 1** Preheat oven to 350°F. Cut steak into 4 pieces. Combine flour, salt and pepper in a small bowl. Spread flour mixture over steak; pound into steak with a meat mallet.



- 2** Heat oil in a large skillet; add steak. Cook until browned, about 5 minutes per side. Place steak in a medium baking dish.

- 3** Top steak with onion slices. Pour tomato sauce over steak and onions.



- 4** Bake until steak is tender, about 40 minutes. Sprinkle cheese over steak. Bake steak until cheese melts, about 5 minutes.

COOKIN'
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• Cutting thin slices of onion is easy. Just leave the stem end of the onion intact while you slice for easier handling.