

# Kansas City Steak Strips



PREPARATION TIME

10 minutes



COOKING TIME

25 minutes



PERFECT PARTNER

mixed green salad



**MONEY.  
Cook's  
SAVER.**

Homemade chili sauce is one way to save a few dollars on your grocery list. Just sauté 2 tablespoons each chopped bell pepper and onion. Add  $\frac{1}{4}$  cups ketchup and a dash of chili powder.

## SHOPPING LIST

- steak • mushrooms
- chili sauce • green beans

## ON HAND

- butter • flour • onion
- egg noodles

## INGREDIENTS

- 1 pound lean round steak, trimmed
- 4 tablespoons butter or margarine, divided
- 1 (10-ounce) can mushroom pieces, drained
- 1 cup chopped onion
- 1½ cups chili sauce
- 2 tablespoons all-purpose flour
- ½ cup cold water
- 1 (9-ounce) package frozen cut green beans, cooked and drained
- 1 (8-ounce) package (about 3 cups) egg noodles, cooked and drained

SERVES 6

## COOKIN' *Xpress*

- Look for frozen prechopped onions in the freezer section of most supermarkets. Frozen onions require no preparation and keep up to a year in the freezer.

### Make Ahead

Make a hearty beef pot pie! Spoon leftover steak mixture into a prepared pie crust, cover with second crust and bake at 350°F for about 20 minutes.

### ♦ VARIATION

*Chicken strips make a great alternative if you are watching your red meat intake.*

**1** Cut steak into strips. Heat 3 tablespoons butter in a large skillet over medium heat. Add mushrooms and onion; sauté until tender, about 2 minutes. Remove with a slotted spoon.



**2** Add remaining butter to skillet. Add steak. Sauté for 5 minutes or until browned on all sides. Add chili sauce. Simmer, covered, for 10 minutes or until meat is tender.

**3** Blend flour with cold water. Stir into skillet. Cook, stirring continually, until mixture comes to a boil, about 5 minutes. Reduce heat; return mushrooms and onion to skillet.



**4** Add green beans to skillet; mix well. Heat to serving temperature; do not boil. Serve over hot buttered noodles.