

Simmered Steak with Vegetables



PREPARATION TIME
20 minutes



COOKING TIME
40 minutes



PERFECT PARTNER
rye rolls



You can avoid the higher cost of round steak by selecting a less expensive cut, such as chuck. Chuck steak can be pounded to achieve the tenderness of round steak.

SHOPPING LIST

- round steak • tomato soup
- green bell pepper
- hot pepper sauce

ON HAND

- flour • garlic salt • butter
- onion • cooked egg noodles

Simmered Steak with Vegetables

INGREDIENTS

- 2 pounds round steak
- 1/2 cup all-purpose flour
- 1/2 teaspoon garlic salt
- 2 tablespoons butter or margarine
- 1/2 cup green bell pepper strips
- 1 onion, chopped
- 1 (10-ounce) can tomato soup
- 1 cup water
- 8 drops hot pepper sauce
- 6 cups hot cooked egg noodles

SERVES **6**

COOK'IN
Express

- Butter tends to burn quickly even when cooked over moderate heat. To prevent butter from over browning, add 1 tablespoon vegetable oil to the butter in step 2.

Make Ahead

You can fully prepare this dish up to 12 hours ahead. Refrigerate and reheat when ready to serve.

VARIATION

For mushroom lovers, add 8 ounces of sliced mushrooms during step 3.

1 Cut steak into 6 serving pieces. Combine flour and garlic salt on a plate. Coat steak with flour mixture.



2 Heat butter in a large skillet over medium-high heat; add steak. Cook, turning once, until browned, about 5 minutes per side.

3 Add bell pepper, onion, soup and water to skillet; stir to coat steak. Sprinkle with hot pepper sauce.



4 Cover skillet. Reduce heat to low. Simmer until steak is tender, about 40 minutes. Serve over hot egg noodles.