

Smothered Steak

For this recipe, we wanted to pass on a funny story. Everyone knows that chicken fried steak is one of Uncle Lee's favorite foods, and one time Nana was making this for the family. Uncle Lee walked by and said, "That looks like good chicken fried steak!" To his disappointment, Nana told him that she was making smothered steak; however, after tasting it, he was no longer disappointed.

Ingredients

- 1 ½ pounds cubed steak (thin and tenderized)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Montreal steak seasoning
- 1 ½ cups flour
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ¼ cup vegetable oil
- 2 tablespoons butter
- 1 small onion, diced
- 8 ounces sliced mushrooms
- 2 cloves minced garlic
- salt and pepper to taste
- 3 tablespoons flour
- 3 ⅓ cups beef stock
- 2 tablespoons beef bouillon
- ½ cup cream (optional)



Instructions

- ❖ Toss steak in Worcestershire sauce and Montreal steak seasoning.
- ❖ Combine flour, onion powder, and garlic powder in a shallow dish. Dredge steak in flour mixture.
- ❖ Heat oil in a cast iron skillet on medium heat. When hot, brown steak on each side for about 3 minutes or until brown. Remove steak from skillet and placed in a greased 9x13.
- ❖ Add butter to skillet and melt. Add onion, mushrooms, and garlic and sauté until veggies are tender. Season with salt and pepper.
- ❖ Stir in 3 tablespoons of flour until incorporated into oil. Cook about a minute until bubbly, then add beef stock and bouillon. Cook on medium heat until sauce begins to thicken.
- ❖ Add sauce to your steak and bake at 300 degrees Fahrenheit covered for 2-3 hours or until the steak is tender and the gravy is bubbling.
- ❖ You may want to add ½ cup of cream toward the end of cooking to make a creamier sauce.

"O taste and see that the LORD is good: blessed is the man that trusteth in him."