
Season cutlets with salt and pepper. Coat with flour. Brown in hot oil. Place in 9 x 13-inch pan with 4 cups of water and Lipton onion soup. Bake at 350° for 45 minutes to 1 hour and 15 minutes.

Andrea Johnson Alford

*G*REEN PEPPER STEAK

<i>1 round or flank steak, cut up in sm. pieces</i>	<i>2 T. Worcestershire sauce</i>
<i>1 bell pepper, chopped</i>	<i>1 soup can water</i>
<i>1 onion, chopped</i>	<i>Flour to coat meat</i>
<i>1 can tomato soup</i>	<i>2 tsp. pepper</i>

Add pepper to your flour, then mix. Coat and press flour into meat pieces. Place into microwave or in the crockpot. Cook bell pepper and onions in microwave until done. Then add tomato soup, Worcestershire sauce and water to peppers and onions. This should be a thin mixture; pour over steak. **Microwave method:** Cook, covered, for 5 minutes on high, then about 30-45 on medium-high. **Crockpot method:** Put in crockpot for 4 hours on high. Serve over rice.

Linda Osborn

*S*MOTHERED STEAK

<i>1-2 lbs. round steak, tenderized and cut into serving-size or use 8 pork chops</i>	<i>Oil for frying</i>
<i>1½ c. flour</i>	<i>1-2 onions, chopped</i>
<i>Garlic powder</i>	<i>1 bell pepper or 2 pkgs. seasoning blend of onion/celery/bell pepper</i>
<i>Pepper</i>	<i>1 pkg. dry onion soup mix</i>
<i>Tony's seasoning</i>	<i>1 can cream of mushroom, celery or chicken soup</i>
<i>1 egg</i>	<i>2 cans water</i>
<i>1 c. water</i>	

Dredge meat in flour that has been seasoned with garlic powder, pepper and Tony's. Mix egg and water in separate bowl. Dip floured meat in egg/water, then back in flour. Fry in hot oil on medium to high heat until browned well. Remove and set aside. Mix together the soup mix, cream soup and water in a bowl. Season well with salt, pepper and garlic powder. In the bottom of a pan, place a layer of onion, celery and bell pepper blend. Add layer of meat, layer of soup mixture. Repeat and top with a layer of onion blend. Simmer on stove

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