
SMOTHERED STEAK

Theresa Brantley

Frying:

2 pounds round steak,
tenderize and cut into 2 inch
strips

1 1/2 cup flour seasoned well
with garlic powder, Tony's
and pepper, at least 1/2
tablespoon of each
1 egg mixed with 1 cup water
Oil for frying

Dredge meat in flour mixture, dip in water with egg
and dredge again. Fry on med to high heat until almost
done. Remove meat and repeat until all meat is cooked.

Baking:

1-2 onions, sliced

1/4 cup bell pepper chopped

OR

2 packages of Season Blend
Mix

1 package dry onion soup mix
1 can cream of celery soup

Place 1/2 onion mixture in bottom of large dutch oven.
Place half fried meat on top, then layer with 1/4 of onion
mixture and soups. Put in last of meat. Finish off with 1/4
cup onion mixture. Season well with more salt, pepper
and garlic. Add 2 cans water, cover and bake in oven at
300 degrees for two hours.

Can put in crock pot and cook for 4-6 hours.

Pork Chops can be substituted for round steak also.