

Cajun Spicy Steak

SERVES 6

2 lbs. number 7 steak
1 10 oz. can Rotel tomatoes
1 tbsp. oil
1 16 oz. can whole tomatoes
1 onion, sliced
1 green pepper, sliced
2 tbsp. flour
1 tsp. salt
1/4 tsp. pepper

Trim fat from meat. Cut steak into thin strips. Combine flour, salt and pepper. Coat meat with seasoned flour. In large pan, brown meat on both sides in hot oil. Add onions and green pepper. Continue cooking 5 minutes. Then add Rotel and whole tomatoes. Cover and simmer 1 to 1 1/2 hours until tender. Serve over rice. NOTE: 270 calories each serving.



MONTEGUT

Wendy N. Bergeron

TERREBONNE PARISH