

MENU 3

SMOTHERED ROUND STEAK

Trim fat from round steak. Cut out bone (if any). Cut into portions that are easy to handle. Salt steak on both sides. Pepper steak on one side only. Put 1/2 C. flour in plastic food bag. Shake a couple of portions of steak at a time in the flour to coat it evenly.

Heat enough oil in electric skillet at 350 degrees to cover the bottom of the skillet. Brown steak on both sides. Remove steak and pour off excess oil.

Place steak back in skillet and add cream of mushroom soup and 1/2 C. milk. Stir until soup and milk are blended. Reduce heat to low and simmer for at least 30 minutes.

You may add extra mushrooms by using a can of mushroom stems and pieces, but drain all liquid off mushrooms before adding to skillet.

SERVE WITH:

Baked Potatoes (see Recipe 2)

and

Tossed Salad (see Recipe 24)