

# AGNES MEATS

## RECIPE

### Cube/Swiss Steak

#### Ingredients:

4 Cube Steaks or Round Steak  
(Tenderized)

Salt

Pepper

Flour

1 Can (15oz) Beef Broth

Olive Oil

1 Cup Chopped Sweet Onion

Mushrooms ( Optional )

#### Procedure:

Season meat with salt and pepper.

Dredge meat in all-purpose flour.

Preheat a nonstick skillet with  
olive oil.

Place steaks in hot skillet and  
brown 3 -4 minutes per side.

After steaks are golden brown,  
pour in 1 can of beef broth (15 oz).

Add 1 cup chopped onions and  
mushrooms.

Reduce heat to a simmer, cover  
and cook for about 1 hour or until  
fork tender.

Broth will thicken into a rich  
brown gravy. Serve with mashed  
potatoes.

Serves 4 - Enjoy.