

Round Steak and Rice

Joyce

Yield: serves 6

Ingredients

- 1 large Round Steak (about 2-3 lbs. Have beef tenderized at the store for less cooking time, and more tender meat).
- Flour, salt and pepper for dredging beef.
- Oil for browning beef.
- 1- 16 oz. can stewed tomatoes (*old recipe when 16 oz was standard*)
- 4-6 beef bullion cubes, or powdered bullion.
- 2-3 tbsp Worcestershire sauce.
- 2 cups (4 cups cooked rice). White or Brown Rice. Start as soon as Beef is simmering. (*Brown rice takes longer so check your recipe.)

Instructions

1. 1 lb. Round Steak sliced into thin strips. Cut again into 2 inch pieces. Dredge beef in a plastic bag with flour, half cup or more, and salt and pepper to taste. Brown on two sides in a large skillet in hot oil. May have to brown meat in two sessions. Drain any leftover oil from the skillet.
2. In a blender—blend tomatoes, 2 cups water, and onion powder. Liquid should equal 4 cups.
3. Add liquid to browned beef in the skillet, and bring to a boil. Turn heat down and simmer for 30-45 minutes plus. Add green pepper strips. Stir occasionally and scrape the bottom of the skillet. Simmer till “melt in your mouth tender”, 30 – 45 minutes plus.
4. Start rice when beef is simmering.
5. Stir in 2-3 tbs. of Worcestershire Sauce to skillet 5 minutes before meat is tender. Mix well, scraping bottom of skillet again.
6. Serve over rice,

(from Temple City, CA Ward 1970's)