



Spicy Beef Chuck Steak

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| <i>1 tablespoon salad oil</i> | <i>3 tablespoons brown sugar</i> |
| <i>1 beef chuck underblade steak (about 3 pounds), cut 1 inch thick</i> | <i>2 tablespoons prepared mustard</i> |
| <i>1/2 cup bottled steak sauce</i> | <i>1 teaspoon lemon juice</i> |
| <i>1/4 cup water</i> | <i>parsley sprigs for garnish</i> |

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Begin 2 hrs ahead

10 servings

216 cal per serving

Good source of iron

1. In 12-inch skillet over medium-high heat, in hot salad oil, cook chuck steak until well browned on both sides.

2. Meanwhile, in cup, combine steak sauce, water, brown sugar, mustard and lemon juice until blended. Pour mixture over steak; heat to boiling. Reduce heat to low; cover and simmer steak 1 1/2 hours or until fork-tender, turning steak once.

3. To serve, with 2 pancake turners, remove steak to warm large platter; garnish with parsley. With a spoon, skim fat from liquid in skillet and discard. Pour liquid over steak or serve separately.

add more oil



197 cal per serving

BEEF STEAK CREOLE: Prepare as in step 1, above, but use 8-quart Dutch oven and in step 2, omit steak sauce, water, brown sugar, prepared mustard and lemon juice. Remove meat from Dutch oven and into hot fat, stir *1/4 cup all-purpose flour*, stirring constantly until flour is dark brown (mixture will be thick). Add *2 large celery stalks*, diced, *1 medium green pepper*, diced and *1 medium onion*, diced; cook over medium heat until vegetables are tender, about 10 minutes. Add *one 16-ounce can stewed tomatoes*, *1 tablespoon sugar*, *1 teaspoon salt* and *1/2 teaspoon hot pepper sauce*. Add meat and cook.

couple cloves of garlic