

Delicious CUBE STEAK

Made in the Crock Pot

INGREDIENTS

2 lbs of Cube Steak

1.5 cups of Beef Broth

Beef Gravy Base

2 medium sliced Onions

All-purpose Flour – Enough to flour the meat

Vegetable Oil – Enough to just cover the bottom of your frying pan

Sprinkles of the following seasonings: Pepper, Onion Powder, Onion Salt, Toasted Onion and Garlic Seasoning (optional), Ground Thyme

Steps

1. Rinse your meat off, place on paper towel to get excess water off
2. Sprinkle all seasonings above on both sides of your cube steak
3. In a bowl add some all-purpose flour and sprinkle all the seasoning in the flour – Mix
4. To the flour mixture add 1 tablespoon of beef gravy base – mix
5. In your frying pan, add just enough oil to cover the bottom of the pan
6. Let the oil get hot – medium -high heat
7. Once the oil is hot, take the cube steak dip it into the flour mixture and put in the oil. We just need to get the meat browned. We are not totally cooking the meat.
8. Put one sliced onion in the bottom of your crock pot
9. Add the browned cube steak to the pot
10. Add the rest of the onions on top of the cube steak
11. Sprinkle some (or all depending on what you have left) of flour mixture in the crock pot
12. Add 1.5 cups of beef broth (I like better than bullion)
13. Put your crock in it's pot. Turn to high for 3 to 4 hours
14. After 3 hours check for doneness
15. If you've added too much flour you can add more beef broth. If you've added too much beef broth you can add more flour. Taste for salt and pepper, add if necessary

ENJOY!!!