

## ROUND STEAK WITH ONION GRAVY

Makes 6 servings

1/4 cup (50 ml)	flour
1/4 tsp (1 ml)	freshly ground pepper
2 lbs (1kg)	beef round steak, cut into 6 pieces
2 Tbsp (30 ml)	<b>butter</b>
1	medium onion, sliced
2 cups (500 ml)	<b>milk*</b>
3 Tbsp (45 ml)	cornstarch
1 Tbsp (15 ml)	chicken bouillon powder
1 pouch	onion soup mix
1 cup (250 ml)	water

\* Or 1/2 cup (125 ml) **skim milk powder** plus 1 1/2 cups (375 ml) water

In shallow dish combine flour and pepper. Dredge steaks in flour. In large fry pan melt butter. Brown steaks in butter about 1 minute per side. Place browned steaks in lightly greased 13 x 9" (3 L) baking dish.

In same fry pan, cook onion until tender. Spread over steaks. In medium bowl combine milk, cornstarch, bouillon powder, onion soup mix and water. Mix well. Pour over steaks. Cover.

Bake at 325°F/160°C for 2 - 2 1/2 hours or in a slow cooker on low for 6 - 8 hours.



**CTV TV Channel 7, Cable 5  
Saturdays 6:30 p.m. - 7:00 p.m.**

Host Jim Ingebrigtsen and beverage  
consultant Al Bowness.

