



BAKED ONION STEAK

- 1 Chuck Steak – 2 Pounds
- 2 Tablespoons All Purpose Flour
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- 2 Tablespoons Butter
- 3 Cups Sliced Onions
- 2 Cans (16 ounce) Stewed Tomatoes

DIRECTIONS

1. Heat oven to 500 degrees.
2. Sprinkle steaks on both sides with flour, salt and pepper.
3. Place in a broiler pan, dot with butter and bake for 5 minutes.
4. Turn steak over and bake an additional 5 minutes.
5. Spread onions over meat and bake 10 minutes.
6. Turn oven to 325 degrees.
7. Pile tomatoes on top of steak and bake for 1 hour, basting with pan drippings 3 or 4 times.