

Braised Cube Steak

- ¼ cup vegetable oil
- 2 pounds cube steak, cut into 6 pieces
- Salt
- Pepper
- ½ cup plus 1 tablespoon flour
- 3 large onions, sliced thinly
- 2 cups low-sodium chicken stock or water

Heat oil in large, heavy-bottomed skillet over medium heat. Sprinkle both sides of steak with salt and pepper.

Put ½ cup flour on a plate, and coat each piece of meat. Shake off excess flour and add steak to pan, working in batches. Cook about 3 or 4 minutes per side, or until browned, and remove to a platter.

Add onions to skillet and cook about 3 minutes or until wilted. Stir to help loosen browned bits from bottom of pan. Lower heat, then sprinkle with 1 tablespoon flour. Stir constantly, cooking for about 4 minutes.

Gradually add water or stock, continuing to stir to prevent lumps. Bring mixture to a boil, then turn heat to low and add steaks to pan. Simmer, partly covered, for 45 minutes.

Remove to a platter and taste pan sauce, correcting for seasoning. This dish can be served with white rice, and the leftovers make an excellent sandwich.