

Tasty Tender Round Steak

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Ingredients

1/4 cup all-purpose flour
2 tsp. ground mustard seed
1 1/2 tsp. salt
1/4 tsp. black pepper
3 lbs. round steak – cut in serving-size pieces, trimmed of fat
1/4 cup butter OR shortening
2 cups beef broth
1 Tbls. Worcestershire sauce

Directions

Combine flour, mustard, salt, and pepper on a plate.

Coat meat in flour mixture; reserve left-over flour.

In a large skillet, brown meat in melted butter; add broth and Worcestershire sauce to skillet; simmer, covered, over low heat for 1 1/4 hours.

Stir remaining flour mixture into skillet and whisk until thickened.