

Blade Steak and Veggies

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|---|-------|--|---|-----------|---|----|---|
| 1 | large | Boneless
Blade Steak -
enough for
two | 1 | 10 oz can | 2 | oz | seasonings
Beef Broth
Yellow Tail
Shiraz Red
Wine |
| 2 | large | potatoes | | | | | |
| 6 | large | carrots | | | | | |
| 1 | small | sweet onion | | | | | |

You can easily increase the recipe, just use a larger roaster and make sure you use enough liquid to cover the steak and partially up the veggies.



- 1 In a 13" x 8.5" enamel roasting pan place the steak
- 2 Season with Hy's Seasoning Salt, Garlic Salt and fresh ground pepper
- 3 Chop your potatoes into large chunks (too small and they will be mush)
- 4 Chop your carrots large as well and the onion into large chunks.
- 5 Pour the broth into a 2 cup measuring cup and top up to 1 1/2 mark with the wine
- 6 Place the veggies on top of the meat and cover with the broth.
- 7 Pop in the oven, wait three hours and enjoy!!

Servings: 2

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 3 hours

Oven Temperature: 350°F

Source

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Source: Out of My Head - my sister Carol's creation

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