

Beef Steak Oven Dinner

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| 2 lbs round steak $\frac{3}{4}$ " thick | |
| 2 tbs oil or shortening | 1 cup water |
| 2 tsp salt | 2 tsp soy sauce |
| $\frac{1}{8}$ tsp pepper | $\frac{1}{2}$ c cheddar cheese |
| $\frac{1}{2}$ c water | |
| 4 c thinly sliced cabbage | |
| $1\frac{1}{2}$ c grated carrots | |
| 1 cup rice | 350° 45 min |
| 1 med onion, chopped | + 15 |
| 1 can (10 $\frac{3}{4}$ oz) or celery soup | 6-8 servings |

Cut steak into thin slices 2-3 in long and brown in hot oil or shortening. Pour off drippings. Season meat w/ salt & pepper; add water, cover tightly and ~~bake~~ cook slowly 30 min. Stir in cabbage, carrots, rice and onion.

Combine celery soup w/ 1 cup water & soy sauce; stir into meat-vegetable mixture and place in 3 qt casserole. Cover tightly and bake at 350 for 45 min. Remove cover, sprinkle w/ cheese and continue baking 15 min. Makes 6-8 servings