

Asian Style Cube Steak

1 pound tenderized top round
Salt or Mrs. Dash
Ground black pepper
1/4 cup flour
Vegetable oil, for frying
1/2 to 1 cup sliced onions
1 3/4 cup beef broth, homemade or low sodium
1/4 cup Teriyaki sauce with sesame seeds
8 ounces baby carrots
8 ounces sugar snap peas
3/4 cup uncooked rice

Preheat oven to 350 degrees. Cut the cube steak into serving portions then season with salt and pepper, to taste. Dredge the steaks through the flour, pressing in firmly to stick. Reserve the leftover flour.

Heat about 1/8 inch of oil in an oven-proof or cast-iron skillet over medium-high heat. Fry the steaks on one side for about five minutes, then carefully flip over. Add the sliced onions, then cook the steak and onions for about another five minutes. Add the reserved flour to the pan, stirring into the oil as best you can around the steaks.

In a large measuring cup, add the beef broth, then add the Teriyaki sauce with sesame seeds (I used Soy Vay brand) to the 2-cup mark and whisk to incorporate. (If you can't find that brand of sauce, simply add about a tablespoon of sesame seeds to any Teriyaki sauce.) Pour the mixture over the steak and onions. Add the baby carrots around the steaks. Cover with an oven-proof lid, and bake in the oven for about 45 minutes. Carefully remove lid, stir in the snap peas, then cook covered for an additional 15 minutes.

While the steak is in the oven, you can cook the rice according to package directions and keep warm until serving time. When the steaks and vegetables are done, serve over the rice with plenty of sauce.