

Beefsteak Casserole

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*beefsteak
sliced onions
salt
pepper
1 can (14.5 ounce) tomato
soup*

Preheat the oven to 350 degrees.

Slice the steak into individual pieces. Place a layer of steak in a casserole dish. Then place a layer of sliced onions. Place a second layer of beefsteak and a second layer of onions until you have used all.

Season with salt and pepper.

Pour tomato soup over the top. Add a little water to thin the gravy slightly. Place the casserole in the oven.

Bake for one and one-half hours.

This is a delicious dish and is handy with baked potatoes and apples.

Per Serving (excluding unknown items): 85 Calories; 2g Fat (18.8% calories from fat); 2g Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 695mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat.