Country-Fried Steaks With Tomato-Basil Sauce

Cubed steaks with a simple breading served with an Italian inspired tomato sauce offer a delicious option for a chicken fried steak.

30 Min	4 Servings	42 Cal	32g Protein

INGREDIENTS

4 beef Cubed Steaks (about 4 ounces each)

1 egg

1 tablespoon water

1/2 cup seasoned dry bread crumbs

2 tablespoons olive oil

1 can (14-1/2 ounces) diced tomatoes with herbs

Shredded Parmesan cheese (optional)

COOKING

1. Beat egg and water in shallow dish until blended. Place bread crumbs in second shallow dish. Dip each beef Steak into egg mixture, then into bread crumbs, turning to coat both sides.

2. Heat 1 tablespoon olive oil in large nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet; cook 5 to 6 minutes or until cooked through, turning once. Remove and keep warm. Repeat with remaining oil and Steaks.

3. Add diced tomatoes to same skillet; cook and stir 2 to 3 minutes or until slightly thickened.

4. Serve Steaks with tomatoes. Sprinkle with Parmesan cheese, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	118mg		17g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com