Bbq Beef Skillet With Cornbread

Enjoy your favorite barbecue flavors with this steak and cornbread skillet dish!

2.00 Hours	4 Servings	42 Cal	28g Protein

INGREDIENTS

2 beef Bottom Round Steaks, cut 1 inch thick (about 1-1/2 pounds)

1 cup barbecue sauce

1/4 cup water

1 large onion, cut crosswise into 1/2-inch thick slices

Cornbread or corn muffins

COOKING

1. Combine barbecue sauce with water. Pour barbecue sauce mixture in large skillet. Add steaks. Separate onions into rings and add to skillet.

2. Bring barbecue mixture to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.

3. Remove Steaks; keep warm. Increase heat and bring mixture to a boil. Cook, uncovered, 5 minutes or until thickened, stirring frequently.

4. Carve Steaks into thin slices. Serve with sauce and cornbread.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		7g	72mg		12g	28g	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

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