

Country Fried Beef Steaks With Spicy Blue Cheese Sauce

Looking to whip up a down-home meal your whole family will love? Try chicken fried steaks with a tangy and spicy blue cheese sauce.

INGREDIENTS

1 pound beef Eye Of Round Steaks, cut 3/4 inch thick (about 4 steaks)

1/2 cup all-purpose flour

3/4 teaspoon salt, divided

1/4 teaspoon black pepper

1 egg, beaten

1 tablespoon water

1/2 cup unseasoned dry bread crumbs

1/4 teaspoon garlic powder

1/4 teaspoon ground red pepper

2 tablespoons vegetable oil

1/2 cup refrigerated prepared blue cheese dressing

1/4 cup dairy sour cream

1 teaspoon green hot pepper sauce



30 Min



4

Servings



42 Cal



50g

Protein

COOKING

1. Combine flour, 1/2 teaspoon salt and black pepper in shallow dish. Whisk egg and water together in shallow bowl until blended. Combine bread crumbs, remaining 1/4 teaspoon salt, garlic powder and red pepper in separate shallow dish.


2. Place beef Steaks between sheets of waxed paper; pound to 1/4 inch thickness. Dip each steak in flour mixture to coat both sides lightly; shake off excess. Dip in egg mixture, then in bread crumb mixture to coat.

3. Heat 1 tablespoon oil in large nonstick skillet over medium heat until hot. Place 2 steaks in skillet; cook 5 minutes or until coating is crisp and golden and beef is medium rare (145°F), turning once. (Do not overcook.)

Remove steaks; keep warm. Repeat with remaining oil, if needed, and steaks.

4. Meanwhile combine sauce ingredients in small bowl. Serve with steaks.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		35g	186mg		25g	50g	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