

# 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)
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30 Min

  
4  
Servings

  
42 Cal

  
50g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible]

3/4 teaspoon salt, divided







[illegible]

1/4 teaspoon black pepper

1/4 teaspoon black pepper



1/4 teaspoon black pepper

1 egg, beaten

1 egg, beaten

1 egg, beaten

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1 tablespoon water

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1/2 cup unseasoned dry bread crumbs

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1/4 teaspoon garlic powder

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2 tablespoons vegetable oil

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1 teaspoon green hot pepper sauce

[illegible]

[illegible]

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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