

Bbq Beef Skillet With Cornbread

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

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






2.00

Hours



4

Servings



42 Cal



28g

Protein

COOKING

- Combine barbecue sauce with water. Pour barbecue sauce mixture in large skillet. Add steaks. Separate onions into rings and add to skillet.
- 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.
- Remove Steaks; keep warm. Increase heat and bring mixture to a boil. Cook, uncovered, 5 minutes or until thickened, stirring frequently.
- Carve Steaks into thin slices. Serve with sauce and cornbread.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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