

MEAT CASE



Made Over Country Fried Steak with Gravy



Source: Defense Commissary Agency

Ingredients: 4 servings

- 2 tbsp. white or apple cider vinegar
- 1 cup skim milk
- 1 lb. of cubed steak, cut into 4 equal pieces
- 1 tsp. garlic powder
- ¼ tsp. paprika
- ½ tsp. black pepper
- ½ tsp. onion powder
- ⅓ cup whole wheat flour (can use all-purpose white)
- ½ cup whole wheat bread crumbs
- 4 tbsp. strong brewed coffee, cold
- 12 oz. non-fat evaporated skim milk, cold
- 3 tbsp. olive oil
- 3 tbsp. butter

Directions:

1. In a wide, shallow dish, mix the vinegar and skim milk together. Set aside.
2. In another wide, shallow dish, toss the spices and flour together. Place the crumbs on a large plate.
3. Dip one piece of meat in the milk, then in the flour and spice mixture. Press just a little to be sure the meat is lightly coated. Dip again in the milk and then the bread crumbs, pressing in the bread crumbs to stick. Set aside and repeat with the remaining pieces of steak.
4. In a large skillet, add the oil and butter. Heat over medium-high heat until the butter is melted. Turn down to medium and add the pieces of steak, one at a time. Brown each side for 2 minutes.
5. Add the coffee, cover and cook for an additional 1-2 minutes. Remove the steak and set aside on the plate.
6. Whisk the remaining flour into the evaporated milk and then pour the mixture into the skillet. Scrape the bottom and incorporate the contents into the milk mixture. Add the steak, cover, and cook for an additional 4 minutes until the gravy thickens.
7. Serve topped with some of the gravy alongside mashed turnips or potatoes and a side salad.



Notes:

- Search our Dietitian Approved recipes for the mashed turnips recipe.
- Step one is a substitution for buttermilk. Use it when buttermilk is called for in other recipes.
- The mix of spices works great for baked chicken and pork.