

Sara's Fancy Flank Steak

- 1 Flank Steak (the flatter the better) trimmed of extra fat and gristle
- ½ bottle of Lowry's Balsamic Herb marinade
- 1 Cup sun dried tomatoes (she uses a jar of Julienne sun dried tomatoes in extra virgin olive oil and herbs)
- 1 Cup fresh or frozen spinach (if frozen thaw and drain)
- 1/3 Cup goat cheese according to taste.

Directions:

1. Marinate flank steak in Lowry's marinade for a minimum of 4 hours, preferably 12 hours.
2. Pre-heat the oven to 350 degrees.
3. Remove flank steak from marinade and place onto baking sheet.
4. Spread spinach, sun dried tomatoes, and crumbled goat cheese evenly across the flank steak.
5. Roll up the steak like you're making pinwheels, and secure with either cooking twine or a skewer.
6. Roast at 350 for 30-40 minutes. Cook for 35 minutes to get a medium well steak. Remove from oven and let rest for about 5 minutes.
7. Remove skewer or cooking twine. Leave the steak rolled up and slice it thin, it will turn out like a steak pinwheel. If the goodies on the inside run onto the cutting board; just serve over the steak and enjoy!



Tomato Soup Swiss Steak

From the kitchen of Rita Farthing

2 lbs. Round Steak cut into individual servings Flour for dredging
1 1/2 tsp. seasoned salt and pepper to taste
1/4 cup brown sugar
10 ounce can condensed tomato soup
1 onion chopped
1 green pepper chopped
1 garlic clove finely minced
2 cup celery sliced
15 ounce can stewed tomatoes

Directions:

1. Dredge the meat in the flour, salt and pepper.
2. Fry in hot oil till browned.
3. Mix soup, stewed tomatoes, vegetables, sugar, and 1 can of water. Pour mixtures over steaks and simmer about 1 3/4 hours, half the time covered and the other uncovered to thicken the sauce.

Our family likes this served with mashed potatoes but the round steak can also be cut into bite-sized pieces and then the sauce may be served over pasta.

Baked Brisket

Carol Farthing

From Carol: "I don't have measurements, but this is a favorite dish when branding or for a crowd."

Beef Brisket

Worcestershire Sauce

Garlic Powder

Barbecue Sauce

Meat Tenderizer

Directions

1. Place brisket into a large piece of heavy-duty foil about twice the size of the meat.
2. Pierce meat with fork several times all over.
3. Sprinkle with garlic powder and meat tenderizer.
4. Drizzle with Worcestershire sauce and barbecue sauce.
5. Seal foil around meat securing so moisture will not leak out.
6. Place foil packet in roasting pan.
7. Bake at 300 degrees for at least 4 hours.

For lunch the following day, I put it in the oven at 200 degrees the night before.

Before serving, slice diagonally across the grain of meat.

Ranch House Round Steak

Carol Farthing

1 ½ -2 lbs	Round Steak
1 Cup	flour
2 tsp	dry mustard
1 ½ tsp	salt
1 tsp	black pepper
1 cup	oil
½ cup	water
1 T	Worcestershire sauce

Directions

1. Cut meat in serving size pieces and slash edges to prevent curling.
2. Combine flour, mustard, salt and pepper, coat meat with mixture, set aside any remaining flour mixture.
3. In skillet, brown meat on both sides. Remove meat from pan.
4. Add extra flour mixture to skillet. Combine water and Worcestershire sauce and stir into skillet mixture. Stir until thickened.
5. Place meat in baking dish and pour skillet mixture over meat.
6. Bake at 325 degrees for 1 to 1.5 hours.