

Leftover Turkey Recipe

6 Servings

You'll Need:

1 pound round steak trimmed of
visible fat and bone
¼ teaspoon black pepper
1 (15 ounce) tomato sauce
2 Tablespoons instant onion flakes
1½ cups sliced celery
1 (4 ounce) can sliced mushrooms & liquid
1 Tablespoon dried parsley flakes

Take out:

2-quart glass baking dish
Cutting board
Sharp knife
Can opener
Dry measuring cups
Measuring spoons
Rubber spatula
Foil
Plastic wrap

Directions:

1. Trim all visible fat from the meat. Cut into serving pieces.
2. Sprinkle with pepper.
3. Place steak in baking dish. Pour on tomato sauce. Cover with plastic wrap and marinate in refrigerator overnight.
4. The next day sprinkle on onion flakes and celery. Add mushrooms and mushroom liquid. Top with parsley flakes.
5. Bake covered with foil (shiny side down) at 350 degrees F. for 1 ½ hours or until steak is tender.
6. Serve over noodles.

Nutritional Facts:

Calories: 128
Carbohydrate: 8 grams
Fat: 2 grams
Sodium: 613 mg
Protein: 19 grams
Exchanges: 2 Lean Meat, 1 Vegetable