



R E C I P E

Recipes gathered from many resources, especially www.allrecipes.com

SWEEPER STEAK

INGREDIENTS

- ‡ 2 tsp. sesame oil
- ‡ 2 (10.75 oz) cans mushroom soup, undiluted
- ‡ 1 (1 oz.) envelope dry onion soup mix
- ‡ 1 1/2 lbs. beef stew meat, cut into 1 inch cubes
- ‡ 1/2 cup diced onion

DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease a 1 quart casserole dish or larger with sesame oil.
2. Place the beef, cream of mushroom soup, soup mix and onion into the prepared baking dish and stir to blend.
3. Cover and cook for 1 hour, or until meat is tender.