

Iowa Pork Steak

Yield: 4 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-steak-marinade-recipe-indian-style>

Ingredients:

- 2 tablespoons vegetable oil
- 4 pork steaks
- onion powder
- garlic powder
- salt and ground black pepper to taste
- 1 onion large, chopped
- 9 ounces sliced mushrooms drained
- 21 1/2 ounces condensed cream of mushroom soup
- 10 3/4 ounces water
- 1 ounce onion soup mix
- 1 tablespoon worcestershire sauce

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 210 milligrams
4. Fat: 53 grams
5. Fiber: 2 grams
6. Protein: 64 grams
7. SaturatedFat: 16 grams
8. Sodium: 2130 milligrams
9. Sugar: 5 grams

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