

Emeril's Onion and Pepper Smothered Round Steak

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-southern-style-smothered-round-steak>

Ingredients:

- 2 1/2 pounds round steak trimmed and cut into 1/4-inch slices
- seasoned flour recipe below
- 1/4 cup vegetable oil
- 3 cups chicken broth
- 6 cups onions sliced
- 3 cups bell peppers sliced sweet, red, yellow, or orange
- chopped fresh parsley
- 3 teaspoons Worcestershire sauce
- salt
- pepper
- cooked rice or buttered noodles for serving
- 3 tablespoons all purpose flour
- 2 1/2 teaspoons paprika
- 2 teaspoons kosher salt
- 2 teaspoons granulated garlic or garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon granulated onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 110 milligrams
4. Fat: 33 grams
5. Fiber: 6 grams

6. Protein: 38 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 1110 milligrams
 9. Sugar: 9 grams
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