

Country Fried Steaks with Sweet Onion Gravy

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-country-fried-steak-gravy-recipe>

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 1/4 teaspoons onion powder
- 1 1/4 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 16 ounces steaks beef cube
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 3 sweet onions very large, such as Vidalia®, thinly sliced
- 2 cups beef stock
- 1 cup milk

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 5 grams
8. Sodium: 600 milligrams
9. Sugar: 17 grams

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