

# Cube Steak

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-cube-steak-recipe>

## Ingredients:

- 1/2 cup flour
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 pound cube steaks cube, about 4
- 1 tablespoon olive oil
- 1/2 onion sliced
- 6 ounces mushrooms sliced
- 1 cup beef broth
- 1 package onion soup mix
- 1 teaspoon cornstarch
- 1 tablespoon water

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 80 milligrams
4. Fat: 41 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 15 grams
8. Sodium: 570 milligrams
9. Sugar: 1 grams

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