

# Toronto Kosher

*recipes...*

## SLOW BAKED CHUCK STEAK



### Ingredients

- 2 pounds Chuck Steak, 1 to 1 1/2 inch thick
- 1 envelope Dry Onion Soup Mix
- 1 cups Baby Carrots, peeled
- 1 small Green Bell Pepper, sliced and seeded
- 1 can (1 pound size) Stewed Tomatoes
- 1 Tablespoon Steak Sauce
- 1 Tablespoon Corn Starch
- 1 Tablespoon Parsley, chopped
- Salt and Pepper, to taste
- Garlic Powder, to taste

### Instructions

1. Drain and chop tomatoes -- save the juice and set aside. Cut the steaks into smaller serving size pieces and rub with seasonings. Arrange steaks in slightly overlapping layer.
2. Mix steak sauce with the tomato juice and cornstarch. Sprinkle all other ingredients over steak then pour juice over all. Cover the baking dish and seal tightly so no steam will escape.

### Cook Time

Prep time: 30 min

Cook time: 2.5 hours

Ready in: 3 hours

Yields: 3 or four chuck steaks - serves six

### Bake and serve -

Bake at 325 degrees for at least two and a half hours. You can doubled this recipe. When doing so, bake it for at least 3.5 hours. Remove from oven and let rest while preparing mashed potatoes or rice.

When ready to serve, carefully peel back foil and roll it down -- the steam will escape and will be very hot, so be careful not to burn yourself.