

MINUTE STEAKS, CARROTS & POTATOES

INGREDIENTS

- 1 Spanish onion (diced)
- 2 Oil
- 6 Minute steaks (large) (rinsed & patted dry)
- 2 T Onion soup mix
- Salt (to taste) & pepper (to taste) & garlic (to taste) (paprika (2 taste)
- Montreal steak spice (to taste)
- Cooking spray
- 3/4 C Water
- 1 1/2 T Red wine (cooking)
- Bay leaves (2-3)
- 20 - 25 Carrots (baby)
- 3 Idaho potatoes, (unpeeled) (scrubbed) (cleaned) (cut into wedges)



DIRECTIONS

- 1 In a large pot, sauté onion in oil until soft & golden.
- 2 While onion is cooking, season steaks with onion soup mix, spices & Montreal steak spice.
- 3 Spray meat lightly with cooking spray so that the spices adhere to meat.
- 4 Rub in gently with the back of a spoon.
- 5 When the onions are done, add water, wine & bay leaves to the pot.
- 6 Arrange carrots and potatoes over the onions & season with salt.
- 7 Place meat on top of vegetables & cover the pot.
- 8 Bring to a boil & simmer over low heat for 2 1/2 hours.
- 9 Be careful not to overcook, as the meat can dry out.

