

Haywood-Farmer Steak (from Indian Gardens Ranch, Savona, BC)

Shank, round or blade steak

2 lbs steak

1 cup beef boullion or consommé

1 can tomatoes or fresh cut up tomatoes

2 tsp Dijon mustard

1 onion – sliced

½ chopped green pepper

Simmer all in heavy fry pan or in covered casserole in oven for 1 1/2 hours at 325

Thicken juices before serving if desired.

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