

# Foster's Body & Paint

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## Mushroom Steak

### Ingredients:

- 1/3 cup all-purpose flour
- 1/2 tsp salt
- 1/2 tsp. pepper, divided
- 1 beef top round steak (2 lbs.), cut into 1 ½ inch strips
- 2 cups sliced fresh mushrooms
- 1 small onion, cut into thin wedges
- 1 can (10 ¾ oz.) condensed golden mushroom soup, undiluted
- 1/4 cup sherry or beef broth
- 1/2 tsp. dried oregano
- 1/4 tsp. dried thyme
- Hot cooked egg noodles

### Preparations:

- 1.) In a large resealable plastic bag, combine the flour, salt and ¼ tsp. pepper. Add beef, a few pieces at a time, and shake to coat.
- 2.) In a 3 quart slow cooker, combine the mushrooms, onion and beef. Combine the soup, sherry, oregano, thyme and remaining pepper; pour over top. Cover and cook on low for 7-9 hours or until beef is tender. Serve with egg noodles.



Makes 6 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)