

Saucy Beef Over Rice

- 1 packet **Garden Medley Dip Mix** (unprepared)
- 1 to 2 lbs. beef (round, chuck or sirloin steak)
- 2 tbsp. flour
- 1/4 tsp. black pepper, ground
- 1/2 cup water
- One 14½ oz. can stewed tomatoes, undrained
- 2 to 3 cups hot, cooked rice (could also substitute cooked noodles)

Preheat oven to 350°. Rinse meat and place in a 13x9x2 inch baking pan. Sprinkle packet of **Garden Medley Dip Mix**, flour and black pepper over meat. Pour water over meat and seasonings and then top with stewed tomatoes, evenly distributed. Cover with foil and bake approximately 1½ hours, or until beef is tender.

This dish can be prepared the night before and baked the following day. (Refrigerate until baking).



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