

Grillades

(4 servings)

4 cube steaks
3 Tbsp flour
1 tsp black pepper
3 Tbsp oil
1 onion, diced
2 cloves garlic, diced
16 oz tomato sauce
 $\frac{1}{2}$ c water
1/8 tsp hot pepper sauce
White rice, cooked

Combine flour and black pepper; coat cube steaks and reserve flour. Brown cube steaks in oil; remove. Sauté onion and garlic in remaining oil; add left over flour. Slowly stir in tomato sauce, water, and hot sauce; mix well. Return cube steaks to pan. Cover and simmer $\frac{1}{2}$ hour. Serve over white rice.

Note: this recipe does not lend itself to reducing the number of servings—do not cut it in half.