

Country Fried Steak

- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4

Ingredients:

- Carlini Cooking Spray
- 4 cups Millville Corn Squares Cereal
- 1 teaspoon Stonemill Iodized Salt
- 1/2 teaspoon Stonemill Ground Black Pepper
- 2 Goldhen Large Eggs
- 1/2 cup Baker's Corner Corn Starch*
- 4 Black Angus Cube Steaks

Gravy:

- 1 Tablespoon Carlini Vegetable Oil
- 1 onion, diced
- 15.5 ounces Dakota's Pride Cannellini Beans, drained, rinsed
- 1 cup Friendly Farms 2% Milk
- 1 teaspoon Stonemill Garlic Powder
- Stonemill Iodized Salt, to taste
- Stonemill Ground Black Pepper, to taste

***These are Seasonal items that are only in stores for a limited time and may no longer be available.**

Directions:

1. Preheat oven to 400°. Coat a baking pan with cooking spray.
2. In a food processor, process the cereal into fine crumbs. In a medium bowl, combine cereal crumbs, salt and pepper.
3. Set up the breading assembly with the eggs in one bowl and corn starch in another.
4. Bread the steaks by dipping them in the corn starch, then egg, then cereal mixture. Place on prepared baking pan and spray the tops with cooking spray. Bake for 20 minutes, or until the internal temperature is 155°.
5. For the gravy: In medium sauté pan, heat oil over medium-high heat. Add the onion and sauté until softened. In a blender, combine beans and milk. Blend until smooth. Add the bean mixture to the onions and bring to a simmer. Add garlic powder. Season with salt and pepper to taste.



Recipe Courtesy of:
ALDI Test Kitchen