

Beef in Beer

4 Tbsp. fat

1 lb. or more boneless chuck or round steak cut in bite size strips

1/2 lb. onions sliced

1 tsp. sugar

2 Tbsp. flour

garlic salt

1 can beer

salt + pepper

Brown onions + remove. Brown meat well in same pan. Remove. Stir seasonings + ^{flour} into drippings. Add beer to make gravy + boil 2 min. Arrange meat + onions in layers in casserole. Add sauce. ^{Cover +} Bake 300° for 2 1/2 hours. Serve with noodles + green vegetable.