

## BBQ Beef Skillet with Cornbread

**Total Recipe Time:** 1-1/2 hours to 2 hours

2 beef Bottom Round Steaks, cut 1 inch thick (about 1-1/2 pounds)  
1 cup barbecue sauce  
1/4 cup water  
1 large onion, cut crosswise into 1/2-inch thick slices  
Cornbread or corn muffins



1. Combine barbecue sauce with water. Pour barbecue sauce mixture in large skillet. Add steaks. Separate onions into rings and add to skillet.
2. Bring barbecue mixture to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.
3. Remove Steaks; keep warm. Increase heat and bring mixture to a boil. Cook, uncovered, 5 minutes or until thickened, stirring frequently.
4. Carve Steaks into thin slices. Serve with sauce and cornbread.

### Makes 4 servings

**Nutrition information per serving:** 218 calories; 7 g fat (2 g saturated fat; 3 g monounsaturated fat); 72 mg cholesterol; 546 mg sodium; 12 g carbohydrate; 1.3 g fiber; 28 g protein; 5.4 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 2.9 mg iron; 31.3 mcg selenium; 4.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB<sub>6</sub>, vitaminB<sub>12</sub>, selenium and zinc; and a good source of iron.

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