**Baked Steak**

Use round steak. Pound until thin and roll in flour and salt. Brown in hot fat in skillet. Pour water around steak, cover and simmer until tender. For tomato/onion steak, pour one cup stewed tomatoes and a sliced onion over top of the meat before placing in oven. Bake at 325 degrees for about one hour.

(Recipe from *More than Beans and Cornbread: Traditional West Virginia Cooking* by Barbara Beury McCallum.)