

Treasure Barrel

Smothered Round Steak Recipe: Classic Comfort Food

15 min Prep time	**1 h 30 min** Cook time	**1 h 45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Steak

- [ ] 1.5 to 2 lbs round steak, about 1/2 to 3/4-inch thick
- [ ] 1/2 cup all-purpose flour, for dredging
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 1/4 teaspoon garlic powder
- [ ] 2 tablespoons vegetable oil or light olive oil

For the Gravy

- [ ] 2 large yellow onions, thinly sliced
- [ ] 2 tablespoons butter
- [ ] 2 tablespoons all-purpose flour
- [ ] 3 cups low-sodium beef broth
- [ ] 1 teaspoon Worcestershire sauce (optional)
- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First, let's prepare the steak. It's a simple but important step. On a large plate or in a shallow dish, mix together the 1/2 cup of flour with the salt, pepper, and garlic powder. I like to use a fork to make sure it's all evenly combined. Gently pound your round steak with a meat mallet to about 1/2-inch thickness if it isn't already—this helps with tenderness. Then, press each piece of steak into the flour mixture, making sure it's lightly but completely coated on all sides. Shake off any excess; we just want a nice, thin dusting. This coating is what will give us a beautiful crust and help thicken our gravy later.

2. Now, let's get some color on that steak. In a large, heavy-bottomed skillet or Dutch oven, heat the vegetable oil over medium-high heat. You'll know it's ready when the oil shimmers slightly. Carefully place the floured steak in the hot pan, being sure not to overcrowd it—you may need to do this in two batches. Let the steak sear for about 3-4 minutes per side, until it's a deep golden brown. This step isn't about cooking the steak through; it's all about developing that rich, savory flavor. Once browned, remove the steak from the pan and set it aside on a plate for a moment.

3. Time to build that incredible gravy. Reduce the heat to medium and add the butter to the same skillet. Once it's melted, add your thinly sliced onions. Let them cook, stirring occasionally, for about 8-10 minutes. We want them to become soft, sweet, and lightly caramelized, scraping up some of those yummy brown bits from the bottom of the pan as you stir. Sprinkle the 2 tablespoons of flour over the onions and stir continuously for about a minute to cook out the raw flour taste. This is our roux, and it's the secret to a perfect gravy.

4. Slowly, and I mean slowly, begin to pour in the beef broth while whisking constantly. This is the trick to a lump-free gravy. I like to add about half a cup at first, whisking until it forms a smooth paste, then gradually adding the rest. Continue to scrape the bottom of the pan to release all those flavorful bits. Stir in the Worcestershire sauce if you're using it, for an extra layer of savory depth. Bring the gravy to a gentle simmer, and you'll see it start to thicken beautifully.

5. Now for the final, slow magic. Return the browned steak and any accumulated juices from the plate back into the skillet, nestling the pieces into the gravy. Make sure they are mostly submerged. Reduce the heat to low, cover the skillet tightly with a lid, and let it simmer gently for at least 1 to 1.5 hours, or until the steak is completely fork-tender. The longer it simmers, the more tender it will be. Check it occasionally to give it a gentle stir. Once it's done, serve it hot, smothered in that glorious gravy and sprinkled with fresh parsley. It makes for one of the best simple suppers imaginable.

Nutrition per serving

450 kcal	40 g	15 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't skip the step of browning the meat! This develops a huge amount of flavor that you just can't get otherwise. Those browned bits in the pan are called 'fond,' and they are the foundation of a truly delicious gravy. This dish is about building layers of flavor, and searing is the first and most important one.
- Be patient with the simmer. Round steak needs that low and slow cooking time to become tender. If you try to rush it by cooking at a higher heat, the muscle fibers will tighten up, and you'll end up with tough meat. A gentle, barely-there bubble is what you're looking for under that lid.
- Feel free to adjust the gravy to your liking. If it gets too thick during the long simmer, you can always add a splash more beef broth to thin it out. If it's not thick enough at the end, you can remove the steak and let the gravy simmer uncovered for a few minutes to reduce and concentrate.