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Breaded Beef

This is one of my kids favorite ways to eat beef. It is a little messy to make but easy and delicious! Make sure you pound your beef enough so that you have a pretty thin steak. This goes great over rice with fried eggs on top, as well.

You will find that Latin supermarkets sell this cut of meat - milanesa- ready for you to pound and bread. If you don't have a Latin market close to you make sure you cut your meat about 1/4 inch thick.

Here is what you are going to need for 4 breaded steaks:

4 1/4 inch thick slices top round steak

2 cups bread crumbs seasoned with 1 tsp. garlic powder, 1 tsp. paprika, 1 tsp. dried mustard, 1 tsp. dried oregano, salt and pepper

Pound the meat until you have a thin, large piece, adding breadcrumbs as you work, ending up with an evenly coated piece on both sides. In other words, pound the bread crumbs into the meat until it is thin and evenly coated.

Coat the bottom of a large skillet with some olive oil. Heat and add the meat. Cook for 2 minutes, until browned and flip. Cook for an additional 2 to 3 minutes. Serve.

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