



---

## Uploaded to the VFC Website

▶▶ June 2014 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization  
Tax ID #27-3820181  
CA Incorporation ID #3340400  
CA Dept. of Charities ID #: CT-0190794*

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## Cowboy Beef Skillet

- 2 1/2 Pounds top round London broil, sliced in half
- 4 Medium potatoes, cut into large pieces
- 2 Medium carrots, peeled and cut into large pieces
- 1 Medium onion, cut into wedges
- 3 Cloves of garlic, halved
- 3 Tbsp olive oil
- 2 1/2 Cups water
- Salt and pepper to taste

- 1) Preheat the oven to 350 degrees F and place a dry 12 inch cast iron skillet over a medium high heat.
- 2) In a medium bowl sprinkle all of the veggies with salt and pepper then toss them with a tablespoon of olive oil to get them well coated and set this aside.
- 3) Season the meat liberally with salt and pepper and rub it down with a tablespoon of olive oil.
- 4) Once the pan is hot add a tablespoon of oil to the pan and place the meat presentation side down into the pan to sear. After five minutes on the first side turn the meat over and let it brown for five minutes on the second side.
- 5) Turn off the heat and add the water to the pan then add all of the chopped veggies and season the entire pan with additional salt and pepper to help season the water.
- 6) Cover the pan with a loose tent of heavy duty foil. I like to cut a piece slightly larger than the pan itself then tuck the edges into to pan so nothing drips externally into the oven and the juices drip back into the pan.
- 7) Bake it for an hour then check to make sure the pan doesn't need additional water. At this point you could also baste the roast.
- 8) Cover again with the foil tent and bake it for an additional hour.
- 9) Remove the pan from the oven then remove the meat from the pan and place it on a dish to rest for 10 minutes.
- 10) Slice the meat into 1/4 or 1/2 inch slices then return it to the skillet with the veggies to soak up the juice and it's ready to serve.

