

Smothered Beef



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Beef

3 ribs celery, sliced
1/4 (16 ounce) package baby carrots, sliced
1/2 cup chopped sweet onion
1 (14.5 ounce) can diced tomatoes
1/2 cup ketchup
1/4 cup water
1 teaspoon Italian seasoning
1 teaspoon dried garlic
1 beef roast, or 4 New York strip steaks
Extra virgin olive oil
Salt
Garlic powder
Ground cayenne pepper

Zucchini

3 to 4 cups sliced and quartered zucchini, or 1/2 of a large zucchini
Water
Salt
Garlic powder
3 to 4 green onions, sliced

In a medium bowl, combine celery, carrots, onion, tomatoes, ketchup, water, Italian seasoning, and dried garlic. Mix well and set aside.

Drizzle beef with olive oil and season to taste with salt, garlic powder, and cayenne pepper. Spread half of the tomato mixture over the bottom of a 13 x 9 or a 10 x 14 inch baking dish. Top with beef. Add remaining tomato mixture. Cover and bake at 250 degrees for 4 hours.

In a medium bowl, combine zucchini, water, and garlic powder. Cover and refrigerate for 3 1/2 to 4 hours. Drain liquid and arrange zucchini around beef. Sprinkle green onions over beef. Cover, return to oven, and bake beef and zucchini for an additional hour.

Serves 4

Cook's Note: When the beef is placed in the oven for the first time, prepare zucchini.