

# Betty's Cheddar Steak Sandwich Recipe



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In this video, Betty demonstrates a family favorite—her Cheddar Steak Sandwich. Steak, sautéed with garlic is teamed with browned onions and cheddar cheese on a sweet Italian bun to make a flavorful, appealing lunch or dinner!

## Ingredients:

1 pound top round beef steak, sliced diagonally across the grain into thin strips (You may use other steaks, such as ribeye, sirloin, or New York Strip.)  
meat tenderizer, to taste (You may use salt, instead.)  
freshly ground black pepper, to taste (You may use regular ground black pepper.)  
2 tablespoons extra virgin olive oil (for sautéing steak)  
4 or 5 cloves of garlic, minced  
4 Italian sweet sub buns (You may use any type of sub bun—French baguette, soft hoagie, etc.)  
cooking oil spray  
2 white onions, peeled, sliced, and separated into rings  
1 additional tablespoon extra virgin olive oil (for sautéing onions)  
thin slices of Cheddar cheese (You may substitute a sliced cheese of your choice.)  
steak sauce (Sandwich spread, mayonnaise, or prepared horseradish may be used.)

Place 2 tablespoons olive oil in a large deep skillet, and turn on heat to medium. Meanwhile, sprinkle 1 pound of steak slices with meat tenderizer, to taste. Grind fresh black pepper over the top. Mix the seasonings thoroughly with the steak. Place steak in hot skillet, reduce the heat to low, and cook, stirring continually. After most of the pink is gone from the steak, add 4 or 5 cloves of minced garlic to the skillet of steak. Continue to cook and stir, until the steak is browned and has absorbed all the liquid it has produced during cooking. (It will be well-done, but tender.) Remove the steak to a tray covered with paper toweling to absorb any excess oil. Now, place 2 onions, cut into rings, into the skillet where the steak was cooked. Add 1 tablespoon of olive oil, and sauté the onions until clear and beginning to brown. Remove from heat and hold in skillet until you are ready to add them to your sandwiches. Prepare an Italian sweet sub bun by cutting it into two equal parts lengthwise, spraying the cut sides with cooking oil, and browning it under the broiler in your oven. Place a browned bun on a sandwich board, and assemble your sandwich. I add about  $\frac{1}{4}$  of the cooked steak, a generous portion of onion, some steak sauce (or mayonnaise) and then two thin slices of Cheddar cheese. Place the other bun-half on top, and the sandwich is complete! Serve with cheesy rice and a green tossed salad, and you have terrific lunch!!!