

# Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

## Chicken Fried Steak the Whole Family Will Love

**"This one is diabetic safe, but low calorie it AIN'T!"**

Paul Bushay

Mesa, AZ  
(Pop. 427,939)



Paul Bushay



Chicken fried steak is an all-time favorite in my household, so it's a bonus that this delectable recipe also comes diabetic approved! This one sure does live up to all my chicken-fried expectations. The steak preparation is cut and dry (pardon the pun), and Paul Bushay's gravy really takes it over the top. Serve with mashed potatoes or corn bread, and you have a real down-home meal that your entire family is sure to love.

See step-by-step photos of Paul Bushay's recipe for Diabetic Chicken Fried Steak and thousands of recipes from other hometown Americans at:

[www.justapinch.com/chickenfried](http://www.justapinch.com/chickenfried)

You'll also find coupons for the recipe ingredients! Enjoy and remember, use "just a pinch"...

- Janet

### Diabetic Chicken Fried Steak

#### What You Need

- 4 beef cube steaks
- 1 c flour, divided
- 1 egg
- 1 onion, chopped
- 1 c beef stock, unsalted
- 1 c heavy cream
- 2 tbsp fresh parsley, minced
- olive oil, extra virgin
- 1/4 c milk
- sea salt, to taste
- black pepper, to taste
- 1 tsp paprika
- 1/2 tsp granulated garlic

#### Directions

- Pound steaks to about 1/4 inch thickness. Rub both sides with salt, pepper, paprika and garlic powder.
- Heat oil in a large skillet, oil should be about 1/4 inch high.
- Beat egg and milk together in a bowl.
- In another bowl, season the flour with salt, pepper, paprika and garlic powder.
- When oil is hot, dredge steaks in flour, then in egg mixture, then back again in flour.
- Place them immediately in skillet. Fry on both sides until golden brown; remove and set aside.
- GRAVY: Remove most of the oil from the skillet, leaving behind the bits of meat. Leave approx. 3 tablespoons of oil. Reheat the oil and add the onion; cook until golden brown, then add about 3 tablespoons of flour, whisking it in.
- Gradually whisk in beef stock, scraping the bottom well - add a little water if it is still too thick. Bring to boil, then add cream and parsley and cook another minute.

Submitted by: Paul Bushay, Mesa, AZ

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