

Air Fryer Chicken Fried Steak

Printable grocery list · Serves 4

FOR THE CUBED STEAK

- ☐ 1 lb cubed beef steak, cut into 4 portions
- ☐ 1/4 cup whole wheat flour
- ☐ 2 large eggs, lightly beaten
- ☐ 2 tbsp cornmeal
- ☐ 2 tbsp cornstarch
- ☐ 1 tsp smoked paprika
- ☐ 1/2 tsp each: pepper and salt
- ☐ Vegetable cooking spray

FOR THE COUNTRY GRAVY

- ☐ 1 cup fat-free beef broth
- ☐ 2 tbsp each: water and cornstarch
- ☐ 1/3 cup fat-free half and half
- ☐ Salt and pepper to taste
- ☐ Dried parsley, thyme or chives, to taste