

Oven-Baked Chuck Steak Dinner in Foil

Prep: 15 mins

Cook: 90 mins

Total: 105 mins

Servings: 4 servings

A thick, budget-friendly chuck steak (7-bone steak) makes a tender, delicious family meal. In this oven-baked recipe, the steak and vegetables are wrapped in foil to create an entire dinner in one package. With quick preparation, minimal cleanup, and amazing flavor, it's an excellent recipe for weeknights or those times when you want a pot roast but don't want to wait all day for it. The recipe is also so easy that anyone can make it.

Like chuck roast, chuck steak comes from the shoulder of the cow. It is cut into slices that are typically one to three inches thick—in other words, like a steak—though you get that classic pot roast taste. While it is flavorful, chuck steak can be tough. To tenderize this inexpensive cut, braise, marinate, or cook slowly in the oven.

This recipe takes the latter approach and likely dates to the 1960s. The beef chuck is baked in a foil package with potatoes, carrots, celery, and a surprise nostalgic ingredient: a package of dry onion soup mix for flavor. The foil wrap keeps everything moist, making for a dinner baked to perfection until the steak is fall-apart tender. Serve this easy, budget steak dinner with freshly baked biscuits or crusty bread.

What Is The Ideal Internal Temperature For Chuck Steak?

While the safe minimum temperature for beef, is 145 F, this recipe calls for the chuck steak to be cooked a bit longer. Cooking this cut to about 190 F to 200 F results in more tender meat. Like a pot roast, when properly cooked, a fork inserted into the steak should easily twist off a piece of meat. Since the cooking time will vary based on the size of the chuck steak you're cooking, it's best to check it after 1 hour, and then cook longer if needed.

What You'll Need to Make This Oven-Baked Chuck Steak Recipe

- A Sturdy Roasting Pan
- A Handy Dandy Vegetable Peeler
- A Sharp Chef's Knife

Ingredients

- 1 to 1 1/2 pounds chuck steak (about 1-inch thick)
- 1 (1-ounce) envelope onion soup mix
- 3 medium potatoes, peeled and quartered
- 3 carrots, halved lengthwise and cut into quarters
- 2 ribs celery, cut into sticks
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon paprika

Steps to Make It

1. Gather the ingredients. Preheat the oven to 400 F.
2. Tear off a 2- to 3-foot piece of 18-inch-wide heavy-duty aluminum foil.
3. Place 1 to 1 1/2 pounds chuck steak (about 1-inch thick) in the center of the foil and sprinkle with 1 (1-ounce) envelope onion soup mix.
4. Cover the meat with 3 medium potatoes (peeled and quartered), 3 carrots (halved lengthwise and cut into quarters), and 2 ribs celery (cut into sticks). Dot with 2 tablespoons butter and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon paprika.
5. Fold foil over and seal it well to hold in the juices.
6. Place the foil package in a large, shallow baking pan or roasting pan.
7. Bake the steak and vegetables in the preheated oven for 1 to 1 1/2 hours, or until the chuck steak is very tender. Serve and enjoy.

How to Store and Reheat Chuck Steak

- Steak and vegetables will keep for four to five days in the refrigerator. The best part of this recipe is that it was cooked in foil; as long as the foil is undamaged, you can simply store it and reheat it in the foil pack. Keep the foil sealed so the food doesn't dry out and reheat for 15 minutes or so in a 350 F oven.