

## SMOTHERED LIVER WITH ONIONS

### Ingredients

1. 1 lb. beef liver
2. Salt & pepper to taste
3. 1 c. flour
4. 1/4 c. shortening
5. 1 lg. onion
6. 3 c. hot water

### Instructions

1. Salt, pepper and flour liver.
2. Place in heated shortening.
3. Brown on both sides.
4. Add sliced onion.
5. Add hot water.
6. Simmer for 1 hour or until tender.