

## Beef

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# Swiss Steak Casserole

Betty Crocker Best-Loved Casseroles

**Servings: 6**

**Preparation Time: 20 minutes**

**Start to Finish Time: 2 hours 5 minutes**

**3 tablespoons all-purpose flour**

**1 teaspoon salt**

**1 teaspoon paprika**

**1/2 teaspoon pepper**

**1 pound boneless beef round steak, cut into 3/4-inch cubes**

**2 tablespoons vegetable oil**

**2 cups (5 oz) fresh mushrooms, sliced**

**1 cup frozen pearl onions**

**1 clove garlic, finely chopped**

**8 medium (4 cups) carrots, sliced**

**1 can (14 1/2 oz) stewed tomatoes, undrained**

Preheat oven to 350 degrees.

In a medium bowl, mix flour, salt, paprika and pepper. Add steak; toss to coat.

In a 12-inch skillet, heat one tablespoon of oil over medium-high heat. Add steak, reserving remaining flour mixture. Brown steak on all sides. Spoon into an ungreased 2 1/2-quart casserole.

In the same skillet, heat remaining oil. Cook mushrooms, onions and garlic for 2 to 3 minutes, stirring constantly, until browned; add to casserole.

Add carrots, tomatoes and reserved flour mixture; mix well.

Bake, covered, for 1 hour 30 minutes to 1 hour 45 minutes or until meat and vegetables are tender.

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Per Serving (excluding unknown items): 120 Calories; 5g Fat (34.8% calories from fat); 2g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 403mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1 Fat.