

Auntie Dot's Swiss Steak

Dorothy Hunter

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

*2 pounds beef round steak
1/4 cup all-purpose flour
1 teaspoon salt
2 to 3 tablespoons vegetable oil
1 can (16 ounce) stewed tomatoes
1/2 cup celery, chopped
1/2 cup carrots, chopped
2 1/2 tablespoons onion, chopped
1/2 teaspoon Worcestershire sauce
Swiss or Cheddar cheese, shredded*

Preheat the oven to 350 degrees.

Divide meat into four portions.

In a small bowl, combine the flour and salt. Pound into the meat on both sides. (Reserve the remaining flour.)

In a skillet, heat the oil until hot. Brown the meat quickly on both sides. Remove the meat from the skillet. Place in a greased 13x9x2-inch baking dish.

Stir the remaining flour mixture into the pan drippings. Add the tomatoes, celery, carrots, onion and Worcestershire sauce. Simmer until bubbly. Pour over the meat. Cover the dish lightly with aluminum foil.

Bake for two hours or until tender.

Sprinkle with the cheese and return to the oven for 2 to 3 minutes to slightly melt the cheese.

Serve immediately.

Per Serving (excluding unknown items): 1022 Calories; 109g Fat (94.3% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 575mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 22 Fat; 0 Other Carbohydrates.

Beef

Calories (kcal): 1022
% Calories from Fat: 94.3%
% Calories from Carbohydrates: 5.0%
% Calories from Protein: 0.7%
Total Fat (g): 109g
Saturated Fat (g): 13g
Monounsaturated Fat (g): 65g
Polyunsaturated Fat (g): 23g
Cholesterol (mg): 0mg
Carbohydrate (g): 13g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 575mg
Potassium (mg): 270mg
Calcium (mg): 38mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 4886IU
Vitamin A (r.e.): 488 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 23mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 22
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1022 **Calories from Fat:** 964

% Daily Values*

Total Fat	109g	168%
Saturated Fat	13g	63%
Cholesterol	0mg	0%
Sodium	575mg	24%
Total Carbohydrates	13g	4%
Dietary Fiber	2g	7%
Protein	2g	
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Vitamin A		98%
Vitamin C		19%
Calcium		4%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.