Italian Swiss Steak

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Servings: 6

2 pounds round steak
flour
1 can tomatoes
1 1/2 teaspoons salt
1/2 cup green pepper, chopped
1/4 teaspoon basil
1/8 teaspoon pepper
1/2 cup onion, chopped
6 ounces mozzarella cheese, shredded
butter

Cut the meat into serving-size pieces. Coat with flour.

In a skillet, brown the meat with a small amount of butter. Add the tomatoes, salt , basil and pepper. Cover and simmer for one hour.

Add the onion and green pepper. Cook for one hour longer until the meat is tender.

Top with the cheese. Heat until the cheese melts.

(Serve with baked potatoes and put the sauce on the potatoes.)

Per Serving (excluding unknown items): 392 Calories; 25g Fat (59.2% calories from fat); 36g Protein; 4g Carbohydrate; 1g Dietary Fiber; 115mg Cholesterol; 729mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 2 Fat.