

Beef

Oven Swiss Steak

Taste of Home One-Dish Meals

Servings: 2

1/2 pound beef top round steak
2 tablespoons all-purpose flour
1/2 teaspoon salt
1 tablespoon canola oil
1/4 cup celery, chopped
1/4 cup carrot, chopped
1 tablespoon onion, chopped
1 can (14 1/2 oz) stewed tomatoes, undrained
1/4 teaspoon Worcestershire sauce
2 tablespoons sharp cheddar cheese, shredded

Preheat oven to 325 degrees.

Trim beef; cut into two portions and flatten to 1/4-inch thickness.

In a large resealable plastic bag, combine flour and salt; add beef and shake to coat.

In a small ovenproof skillet, brown beef in oil on both sides. Remove and keep warm.

In the drippings, saute' the celery, carrot and onion for 3-4 minutes or until crisp-tender. Add tomatoes and Worcestershire sauce, stirring to loosen browned bits from pan. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Return beef to the pan; spoon some of the vegetable mixture over the top.

Cover and bake for 1 hour or until meat is tender. Uncover, sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Per Serving (excluding unknown items): 165 Calories; 9g Fat (49.7% calories from fat); 4g Protein; 17g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 635mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.