

Swiss Steak II

Beverly Graves - Oxford, In
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*1 1/2 to 2 pounds round
steak, about one inch thick
1/4 cup all-purpose flour
salt (to taste)
pepper (to taste)
3 tablespoons cooking oil
1 large onion, chopped
1 large rib celery, sliced
1 can (12 ounce)
mushrooms, sliced
1 clove garlic, finely
chopped
1 can (8 ounce) stewed
tomatoes
1/4 teaspoon dried crushed
basil
1/4 teaspoon dried crushed
oregano*

Preparation Time: 10 minutes

Bake Time: 1 hour 30 minutes

With a meat mallet, pound flour into both sides of the steak. Sprinkle with salt and pepper.

In a large skillet, heat the oil. Add the steak and brown on both sides. Place the steak in a 12x8-inch baking dish.

In drippings in the skillet, lightly cook the onion, celery, mushrooms and garlic. Stir in the tomatoes, basil and oregano. Pour over the steak. Cover tightly with foil.

Bake in a 300 degree oven until the steak is tender, about 1-1/4 to 1-1/2 hours.

Place the steak on a hot platter with vegetables. Pour the thickened juices over the meat.

Per Serving (excluding unknown items): 151 Calories; 10g Fat (59.8% calories from fat); 6g Protein; 9g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 31mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.