
Spanish Swiss Steak

Edna M Stephens - Terre Haute, IN

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

1 four-pound round shoulder roast
flour
salt (to taste)
pepper (to taste)
1/2 stick butter or margarine
2 medium onions
1/2 bottle ketchup

Pound the meat on both sides with flour. Add salt and pepper.

In a skillet, brown the meat well on both sides in butter.

Slice the onions over the meat. Add the ketchup and enough water to cover.

Cook over medium heat for two to three hours or until done, turning the meat occasionally. Add additional water if necessary.

Beef

Per Serving (excluding unknown items): 62 Calories; 6g Fat (81.2% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 70mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.