

Oven Swiss Steak

Marilyn Davidson

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1 1/2 pounds 3/4" boneless round steak

1/4 cup flour

1 teaspoon salt

2 cups stewed tomatoes

1/2 cup celery, chopped

1/2 cup carrots, chopped

2 tablespoons onion, chopped

1/2 teaspoon

Worcestershire sauce

4 slices American cheese

Preheat the oven to 350 degrees.

In a bowl, mix the flour and salt.

Slice the steak into four serving portions. Pat the flour mixture onto each side of the steak. Reserve the remaining flour mixture. In a skillet, brown the steak in hot oil. Remove the steak to a shallow baking dish, reserving the pan drippings. Stir the reserved flour into the pan drippings to form a paste.

Add the tomatoes, celery, carrots, onion and Worcestershire sauce to the paste. Mix well. Bring to a boil, stirring constantly. Pour over the steak.

Bake, covered, for two hours or until tender.

Place the cheese over the steaks. Bake until the cheese is melted.

Per Serving (excluding unknown items): 500 Calories; 36g Fat (63.3% calories from fat); 27g Protein; 19g Carbohydrate; 2g Dietary Fiber; 107mg Cholesterol; 2207mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 5 Fat; 0 Other Carbohydrates.