
Swiss Steak III (Microwave)

Christine Condora

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 pounds boneless beef round steak (approx. 8 to 10 pieces of sandwich steaks)

1/4 cup flour

1 teaspoon salt

1/4 teaspoon pepper

1 medium onion, thinly sliced

1 medium green pepper, thinly sliced

1 can (10 ounce) condensed tomato soup

2/3 cup water

1 tablespoon Worcestershire sauce

cooked rice

In a bowl, mix the flour, salt and pepper. Coat the beef in the flour mixture. Place the meat and any remaining flour mixture in a 12x8-inch or 10-inch square casserole dish. In a small bowl, combine the onion and pepper.

Microwave on HIGH until tender, 3 to 5 minutes. Mix with the tomato soup, water and Worcestershire sauce. Pour over the beef..

Microwave on HIGH for 5 minutes. Reduce the power to MEDIUM (50%). Microwave for 40 to 50 minutes rearranging the pieces after half of the cooking time.

Serve with rice.

Beef

Per Serving (excluding unknown items): 372 Calories; 5g Fat (10.5% calories from fat); 10g Protein; 77g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3680mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Vegetable; 1 Fat; 0 Other Carbohydrates.