
Swiss Steak III

Mrs Estelle Mosley - Jasper, GA

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 4

2 pounds round steak
2 teaspoons salt
1/2 teaspoon pepper
1 cup flour
1/4 cup oil or bacon drippings
2 small cans tomato sauce
2 cups warm water
2 large onions, chopped
2 carrots, grated
1 green pepper, chopped
1 stalk celery, chopped
1 tablespoon Worcestershire sauce

Cut the steak into serving pieces.

In a bowl, mix the flour, salt and pepper. Pound into the steak.

In a skillet, brown the steak on both sides in oil.

In a saucepan, heat the tomato sauce, warm water, onions, carrots, green pepper, celery and Worcestershire sauce. Heat to boiling. Pour the sauce over the steak.

Bake in the oven at 350 degrees for one hour and 30 minutes.

Beef

Per Serving (excluding unknown items): 633 Calories; 28g Fat (40.2% calories from fat); 50g Protein; 44g Carbohydrate; 5g Dietary Fiber; 134mg Cholesterol; 1985mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.