
Swiss Steak with Vegetables

Mrs Grace L Shores - Summitville, IN

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

3 1/2 pounds round steak, cut 1/4-inch thick

1/2 cup flour

1 1/2 teaspoons salt

1/2 teaspoon pepper

1/4 cup fat or salad oil

2 cups sliced onions

1 1/2 cups condensed tomato soup

1 soup can water

8 or more whole new potatoes

6 carrots, quartered

1 package frozen peas

Cut the round steak into eight large pieces.

In a bowl, mix the flour, salt and pepper. Pound the mixture into the steak with the edge of a saucer.

In a Dutch oven, brown the steak on both sides in hot fat. Add the onions and brown a bit. Add the soup and water. Cover.

Simmer for 30 minutes or until the meat begins to be tender. Add the potatoes and carrots. Simmer covered about 25 minutes longer.

Break the block of frozen peas in half. Place one half on each side of the Dutch oven, pushing the peas slightly down into the juices. Cook, covered, for 10 minutes longer or until tender.

Beef

Per Serving (excluding unknown items): 481 Calories; 25g Fat (47.3% calories from fat); 41g Protein; 21g Carbohydrate; 3g Dietary Fiber; 118mg Cholesterol; 790mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.