Italian Swiss Steak

Taste of Home One-Dish Meals

3 tablespoons all-purpose flour
2 pounds boneless beff top round steak, cut into serving-size pieces
1/4 cup butter, cubed
1 can (14 1/2 oz) diced tomatoes, undrained
1 1/2 teaspoons salt, .25
dried basil .12, te
1/2 cup green pepper, chopped
1/2 cup onion, chopped
1 cup (4 oz) part-skim mozzarella cheese, shredded

Place flour in a large resealable plastic bag. add beef, a few pieces at a time, and shake to coat. Remove meat from bag; pound to flatten.

In a large skillet over medium-high heat, brown steak on both sides in butter. add the tomatoes, salt, basil and pepper; bring to a boil. reduce heat; cover and simmer for one hour or until meat is tender.

add green pepper and onion. Cover and simmer for 25-30 minutes or until vegetables are tender.

Sprinkle with cheese; cook 2 minutes longer or until cheese is melted.

Per Serving (excluding unknown items): 580 Calories; 47g Fat (70.7% calories from fat); 6g Protein; 38g Carbohydrate; 5g Dietary Fiber; 124mg Cholesterol; 3686mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Vegetable; 9 Fat.