Parsley-Potato Topped Oven Swiss Steak

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Servings: 6

SWISS STEAK
1 1/2 pounds boneless beef round steak (1/2-inch thick), cut into six pieces
2 (1 cup) carrots, sliced
1 large onion, halved and thinly sliced
1 jar (12 oz) home-style beef gravy
1 can (14.5 oz) diced tomatoes, undrained
1/4 teaspoon dried thyme leaves
1/8 teaspoon pepper
TOPPING
1 1/2 cups water
3 tablespoons butter
2 1/4 cups Hungry Jack mash potato flakes
3/4 cup milk
3 tablespoons fresh parsley, finely chopped
1/4 teaspoon salt
1/4 teaspoon dried thyme leaves
1 large egg, beaten
paprika

Preheat oven to 325 degrees.

Arrange the beef in an ungreased 12x8-inch baking dish.

Top with the carrots and onions.

In a medium bowl, combine the gravy, tomatoes, 1/4 teaspoon of the thyme and pepper. Mix well.

Spoon the mixture over the beef and vegetables. Cover with foil.

Bake for 2 hours.

In a medium saucepan, bring the water and butter to a boil. Remove from the heat.

Stir in the potato flakes, milk, parsley, salt and 1/4 teaspoon of the thyme. Add the egg. Mix well.

Uncover the baking dish. Spoon or pipe the potato mixture over the hot steak mixture. Sprinkle with paprika.

Bake, uncovered, for 30 to 35 minutes more or until the potatoes are set and light golden brown.

Per Serving (excluding unknown items): 114 Calories; 8g Fat (59.4% calories from fat); 3g Protein; 9g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 195mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.