

# Swiss Steak with Horseradish Sauce

*Lousene Rousseau Brunner  
Casserole Treasury (1964)*

## **Servings: 6**

*3 pound slice round steak  
2 teaspoons salt  
freshly ground black pepper  
1 clove garlic, cut  
flour  
salad oil  
1/2 cup water  
1 large onion, sliced  
1/2 cup sour cream  
1 tablespoon horseradish*

Prepare the steak as usual, seasoning it well with salt and pepper; rubbing it with the cut clove of garlic; and, pounding in all of the flour it will take. (Use the edge of a saucer or the dull side of a butcher knife.) Treat both sides that way. Brown the meat well in sizzling salad oil - the least amount that will keep it from sticking to the skillet.

Transfer the steak to a shallow oval casserole with a fitted cover. (The steak can be cut into serving portions, if desired.) Add the water and onion. Under no circumstances increase the amount of water.

Cover the casserole tightly (with aluminum foil if you do not have a fitted cover).

Bake in a slow oven, 275 degrees, for about two hours or until the meat is very tender.

When done, lift the steak onto a platter, using two spatulas. Pour the accumulated sauce from the casserole into a small saucepan. Return the steak to the casserole. Return the casserole to the oven.

Stir the sour cream and horseradish into the sauce until it is smooth.

Remove the casserole. Pour the sauce over the meat. Serve immediately.

---

Per Serving (excluding unknown items): 150 Calories; 10g Fat (62.9% calories from fat); 11g Protein; 3g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 751mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	150	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	62.9%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	7.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	29.5%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	10g	<b>Folacin (mcg):</b>	10mcg
<b>Saturated Fat (g):</b>	5g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	40mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	3g		
<b>Dietary Fiber (g):</b>	trace		
<b>Protein (g):</b>	11g		
<b>Sodium (mg):</b>	751mg		
<b>Potassium (mg):</b>	234mg		
<b>Calcium (mg):</b>	36mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	151IU		
<b>Vitamin A (r.e.):</b>	45 1/2RE		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 150 **Calories from Fat:** 95

**% Daily Values\***

<b>Total Fat</b> 10g	16%
Saturated Fat 5g	25%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 751mg	31%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber trace	2%
<b>Protein</b> 11g	
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	4%
<b>Calcium</b>	4%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.