

Swiss Steak

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 two-pound round steak
1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons drippings
(fat)
1 onion, sliced
2 cups boiling water (or one
cup of water and one cup
tomatoes)*

Preheat the oven to 350 degrees.

Wipe the meat. Place on a cutting board.
Sprinkle with flour. Pound the flour into the
meat.

Heat a skillet until quite hot. Add some fat.
Brown the meat on both sides.

Add the onion, boiling water and tomatoes.

Place the mixture into a casserole. Cover tightly.
Cook slowly for two hours.

(Variation - Substitute one can of mushroom
soup for one cup of tomatoes.)

Per Serving (excluding unknown
items): 394 Calories; 13g Fat
(30.9% calories from fat); 26g
Protein; 41g Carbohydrate; 3g
Dietary Fiber; 62mg Cholesterol;
2188mg Sodium. Exchanges: 2
Grain(Starch); 3 Lean Meat; 1 1/2
Vegetable; 1 Fat.