

Swiss Steak

Prep Time:	Inactive Prep Time:	Cook Time:	Level:	Serves:
10 min	--	1 hr 30 min	Easy	4 servings

Ingredients:

1-round steak (approximately 1½ pounds), see note

1-teaspoon garlic powder

Salt and pepper

All-purpose flour, for dusting

⅓-cup vegetable oil

2-cloves garlic, crushed

1-(14½ ounce) can diced tomatoes

1-medium onion, cut into strips

1-medium bell pepper, cut into strips

Swiss Steak

–Recipe courtesy Paula Deen

Directions:

Cut steak into serving-size pieces. Season, to taste, with garlic powder and salt and pepper. Dust meat with flour. In heavy skillet, brown both sides of meat in vegetable oil. Transfer to Dutch oven. Combine garlic, tomatoes, onion, bell pepper, and 1 tomato-can measure of water. Pour over steak and simmer over low heat until meat is tender, about 1½ hours adding water, if necessary to keep meat partially covered. Season, to taste, with additional salt and pepper.

Hint: Cook this in a slow cooker, according to manufacturers instructions, on low for a most fabulous dinner. Low heat on a slow cooker is about 200 degrees F and high heat on a slow cooker is about 300 degrees F.

Note: to ensure tenderness, it is necessary to have the butcher run the round steak through a cuber.

[Home](#)