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Swiss Steak Recipe

Ingredients

- 2 lbs ROUND STEAK (approx)
- 1/4 cup FLOUR
- To taste SALT
- To taste SEASONED BLACK PEPPER
- 1 large BELL PEPPER, julienned
- 1 medium ONION, sliced
- 1-2 cloves GARLIC, finely minced
- 1/2 cup CARROTS (small, sweet), sliced
- 2 ribs CELERY, sliced
- 1 can BEEF BROTH
- 1 can STEWED TOMATOES (14-1/2 ozs)
- 1 TBS BROWN SUGAR (cuts the tomato-y taste)

Instructions

Combine the flour, salt and seasoned black pepper (the one I use has chips of red pepper in it--plain pepper will do).

Pound the flour into the meat with a meat tenderizer or use the side of a plate. (If you can, have your butcher run the meat through his tenderizing machine). Cut the meat into serving-size pieces.

Heat a large skillet, add oil and heat that up. Add the meat and brown on both sides. Place the meat into a Dutch oven or a pan with a tight fitting lid.

Using the same skillet, add the bell pepper, onion, carrots and celery; cook until the veggies are lightly browned. Add the garlic and cook briefly. Add the veggies to the meat. Deglaze the pan with the beef broth--you want the goodies in the bottom. Add the beef broth, tomatoes and brown sugar to the meat.

Cover the pot and cook on LOW for 2 to 2-1/2 hours or until the meat is fork-tender. The cooking time will depend on how tender your meat is to begin with--one time it only took 1-1/2 hours to cook (melted in your mouth); the next time I made it, it took 2-1/2 hours. Start early, it tastes better the longer it sits--leftovers (IF there are any) are even better! I'm sure you can bake this or put it into a crockpot...bake at 325-degrees for 1-1/2 to 2 hours, or until the meat is fork tender; in your crockpot cook it on LOW for 6-8 hours, or until the meat is fork tender.

I usually serve this with mashed potatoes, a veggie and a salad. The gravy is deeelicious!

From Linda/BDT Burbank, CA (USA) (bz baker@liberty.com)

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