

# Baked Swiss Steak

Yield: 2 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-baked-swiss-steak-recipe>

## Ingredients:

- 3/4 pound beef round top steak
- 2 tablespoons all-purpose flour divided
- 1/2 teaspoon salt
- 2 tablespoons canola oil
- 14 1/2 ounces stewed tomatoes
- 1/2 cup carrots chopped
- 1/4 cup chopped celery
- 1 tablespoon chopped onion
- 1/4 teaspoon worcestershire sauce
- 2 tablespoons sharp cheddar cheese

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 42 grams
7. SaturatedFat: 8 grams
8. Sodium: 1230 milligrams
9. Sugar: 10 grams

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