

Meat and Pastry Casserole

Yield: 9 min
Total Time: 105 min

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

Ingredients:

- 2 cups flour
- ground black pepper
- salt
- 3 pounds beef shoulder boneless, cut into 1" cubes
- 1 pound boneless pork shoulder cut into 1" cubes
- 1/2 pound boneless veal shoulder cut into 1" cubes
- 1 pound venison boneless new york strip, cut into 1" cubes
- 2 white onions large, peeled and thickly sliced
- 4 russet potatoes peeled and thickly sliced
- 4 tablespoons fresh parsley chopped
- ground black pepper
- salt
- 2 cups dry red wine
- 8 cups chicken stock

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 65 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 39 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 540 milligrams
9. Sugar: 7 grams

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