

Skillet Swiss Steak

Yield: 4 min
Total Time: 21 min

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

Ingredients:

- 2 tablespoons salted butter divided
- 1/4 cup unbleached all purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound cubed steak cut into serving-sized pieces
- 2 celery stalks sliced
- 1 onion halved and sliced
- 1 garlic clove minced
- 14 1/2 ounces diced tomatoes un-drained
- 1 1/2 teaspoons Worcestershire sauce
- 1 tablespoon unbleached all purpose flour
- 1 teaspoon thyme
- salt
- pepper

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 37 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 17 grams
8. Sodium: 640 milligrams
9. Sugar: 5 grams

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