

# Mom's Swiss Steak

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-onion-soup-mix-recipe>

## Ingredients:

- 1 pound flank steak could also use sirloin or round steak
- 3 tablespoons vegetable oil
- 1/2 cup flour for coating steak
- 2 rib celery coarsely chopped
- 3 carrots coarsely chopped
- 1 small onion coarsely chopped
- 6 cloves garlic 1 T minced
- 1 packet onion soup mix Lipton's
- 24 ounces V8 Juice can substitute equal amounts of tomato sauce and water
- salt
- pepper

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 4 grams
8. Sodium: 1110 milligrams
9. Sugar: 17 grams

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