

Old Fashioned Swiss Steak

Yield: 6 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/old-betty-crocker-swiss-steak-recipe>

Ingredients:

- 1/4 cup all purpose flour
- pepper
- salt
- 2 pounds round steak beef, 1 inch thick
- 2 tablespoons vegetable oil
- 1 onion thinly sliced
- water as needed
- 14 1/2 ounces tomatoes crushed by hand, with juice
- 2 green bell peppers cut 3/8? rings
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 95 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 460 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Old Fashioned Swiss Steak above. You can see more 19 old betty crocker swiss steak recipe Savor the mouthwatering goodness! to get more great cooking ideas.