

Instant Pot Swiss Steak

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/granny-s-swiss-steak-recipes>

Ingredients:

- 2 pounds sirloin roast sliced into 5 pieces
- 1/4 cup flour all-purpose
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons oil
- 1 green bell pepper medium, chopped
- 1 white onion medium, chopped
- 32 ounces diced tomatoes
- 1 teaspoon salt
- 1 teaspoon black pepper

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 150 milligrams
4. Fat: 55 grams
5. Fiber: 3 grams
6. Protein: 38 grams
7. SaturatedFat: 21 grams
8. Sodium: 920 milligrams
9. Sugar: 8 grams

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