

# Swiss Steak Quick and Easy

Yield: 6 min  
Total Time: 80 min

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

## Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds cube steaks pounded thin and cut into bite-size pieces
- 1 1/2 tablespoons all-purpose flour
- 1 onion medium, chopped
- 1 pound mushrooms sliced
- pepper
- salt
- 1 1/4 ounces brown gravy mix
- 29 ounces stewed tomatoes
- 12 ounces egg noodles

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 155 milligrams
4. Fat: 46 grams
5. Fiber: 5 grams
6. Protein: 38 grams
7. SaturatedFat: 19 grams
8. Sodium: 840 milligrams
9. Sugar: 9 grams

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