

# Swiss Steak

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 1/2 pounds round steak cubed
- 1 teaspoon garlic powder
- salt
- pepper
- all-purpose flour for dusting
- 1/3 cup vegetable oil
- 2 cloves garlic crushed
- 14 1/2 ounces diced tomatoes
- 1 onion medium, cut into strips
- 1 bell pepper medium, cut into strips

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 100 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 10 grams
8. Sodium: 300 milligrams
9. Sugar: 5 grams
10. TransFat: 0.5 grams

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