

# Dump-and-Bake Swiss Steak

Yield: 4 min  
Total Time: 195 min

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

## Ingredients:

- 1 1/2 pounds round steak beef
- 2 tablespoons flour
- 14 1/2 ounces petite diced tomatoes NOT drained
- 1 sweet onion large, sliced
- 2 stalks celery diced
- 2 medium carrots peeled and thinly sliced
- 8 ounces sliced mushrooms
- 1 sprig fresh rosemary
- 2 sprigs fresh thyme
- 1 tablespoon Worcestershire sauce
- 1/2 cup beef stock or beef broth
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon garlic powder
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- cooked noodles
- rice

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 100 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 9 grams
8. Sodium: 830 milligrams
9. Sugar: 11 grams

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