

# Pressure Cooker Swiss Steak Casserole

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 28 ounces diced tomatoes
- 3 tablespoons olive oil
- 2 large yellow onions peeled, halved and thinly sliced
- 4 1/2 ounces diced mild green chiles
- 1 tablespoon minced garlic
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 pounds eye of round beef, cut into slices
- 1/2 cup dry red wine
- 2 tablespoons tomato paste
- 2 tablespoons all purpose flour

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 38 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 340 milligrams
9. Sugar: 7 grams

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