

Mushroom Swiss Steak

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1/2 cup flour
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 2 pounds sandwich steak round
- 1 onion chopped
- 1/2 pound mushrooms sliced
- 10 ounces consomme
- 1/2 cup water + 1/2 cup water
- 1/4 cup ketchup
- 1 teaspoon mustard
- 2 tablespoons cornstarch
- salt
- pepper
- 2 tablespoons fresh parsley, chopped for garnish, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 105 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 19 grams
8. Sodium: 1060 milligrams
9. Sugar: 4 grams

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