

# Mock Swiss Steak

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- cooking spray
- 1 pound steak whatever, you can find on sale – enough for everyone in the family
- 1 bottle catalina Russian or dark French salad dressing
- 1 cup water
- 1 dash Worcestershire sauce

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 76 grams
3. Fat: 45 grams
4. SaturatedFat: 8 grams
5. Sodium: 3180 milligrams
6. Sugar: 68 grams

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