

Country Swiss Steak!

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 2 pounds round steak cut in serving size pieces
- 1 cup flour You won't use all of this, but need it to dredge each piece in to cover
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1/4 cup vegetable oil
- 1 sweet onion medium size, diced
- 1 green bell pepper diced
- 32 ounces tomatoes diced stews
- 2 cups water
- 1 tablespoon beef bouillon granules

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 130 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 45 grams
7. SaturatedFat: 12 grams
8. Sodium: 150 milligrams
9. Sugar: 12 grams

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