

# Swiss Steak with Mushroom Gravy

Yield: 7 min  
Total Time: 75 min

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

## Ingredients:

- 2 1/4 pounds round steak about 3/4" thick
- 1/2 cup flour
- 3/4 teaspoon seasoning salt ; Try this home-made Seasoning Salt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- oil as needed, 3 to 5 tablespoons
- 1 large yellow onion vertically sliced, about 3/8ths to 1/2 inch thick
- 1/4 cup sherry wine
- 16 ounces mushrooms sliced thickly
- 1 3/4 cups beef broth
- 1 tablespoon tomato paste
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon thyme
- 3 tablespoons parsley minced, 2 for the gravy, 1 for garnish, optional
- 1 tablespoon cornstarch mixed with 1 1/2 tablespoons water

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 85 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 8 grams
8. Sodium: 860 milligrams

9. Sugar: 3 grams

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