

Grandma's Swiss Steak

Yield: 6 Servings

1 1/2 lb round steak or cubed steak
1/4 c flour
2 ts dry mustard
1 ts salt
1/4 ts pepper
2 tb butter
2 tb oil
1 onion, finely chopped
2 carrots, peeled and grated
2 stalks celery, finely chopped
1 cn (16 oz) tomatoes
2 tb Worcestershire sauce
1 tb brown sugar

Cut steak into 6 serving-size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown meat in half the butter and oil. Transfer to crockpot. Heat remaining butter and oil in frying pan. Saute onions, carrots and celery until glazed. Add tomatoes, Worcestershire and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low, 6 to 8 hours, or until tender. Serve meat with sauce spooned over. Sprinkle with parsley.

Slow-Cooked Swiss Steak

1/4 cup all-purpose flour
1/2 teaspoon dried thyme
1/4 teaspoon Hungarian sweet paprika
salt and pepper to taste
2 pounds beef round steak, cut in 6 to 8 serving-size pieces, pounded
1 1/2 tablespoons Worcestershire sauce
1 tablespoon Canola oil
1 large garlic clove, minced
2 ribs celery, thinly sliced
2 to 3 cups thinly sliced onion
4 medium-sized tomatoes, thinly sliced
1/2 cup beef broth or stock

Combine flour, thyme, paprika, salt, and pepper in a small bowl. Baste steak pieces with Worcestershire sauce, then dredge in the flour mixture. Heat oil over medium-high heat and brown steak pieces about 5 minutes on each side. Transfer steak to crockpot. Sprinkle garlic and celery over steak, then add the sliced onion and tomatoes. Pour beef stock into the hot skillet to loosen brown bits; pour over steak. Cover and cook on low for 8 to 10 hours (on high 4 to 5 hours). Serves 6 to 8.

Tangy Swiss steak recipe

1-1/2 pounds boneless beef round steak
4 Tbsps flour
1 tsp salt
vegetable oil
two cups canned stewed tomatoes
1/2 cup chopped celery
1/2 cup chopped carrot
2Tbsps chopped onion
1/2 tsp Worcestershire sauce
4 Tbsps shredded Swiss cheese

1. Cut meat into 4 portions. Mix 2 tablespoons of flour and salt, pound into meat. Set aside remaining flour.
2. In a skillet, brown meat in small amount of hot vegetable oil. Place meat in small, shallow baking dish.
3. Blend remaining flour with drippings in skillet. Add remaining ingredients, except cheese. Cook, stirring constantly, until mixture boils. Pour over meat.
4. Cover and bake at 350 degrees until meat and vegetables are tender, about 2 hours. Sprinkle cheese over meat. Return to oven for a few minutes to melt cheese.

Makes four servings.