

# Swiss Steak

Lennie Jo Barnes

My mother used to make this a lot and everyone loved it. I've tried different ways and it always comes out good.

1 1/2 Lbs. round steak cut in serving pieces I have also tried this with a large chuck steak and it was wonderful.

Pre-heat the oven to 350° and line a baking sheet with foil.

Sprinkle flour, salt and pepper on both sides of steak. Brown on both sides and place on aluminum foil lining the bottom of the baking sheet.

½ Slices of a large onion on top of steak.

1 lg. can of Italian tomatoes, (broken up with fingers).

1 sm. Can tomato paste. Stir with can tomatoes.

Add pinch of basil, oregano, and thyme.

1 tsp. Worcestershire sauce

(For the chuck roast I added zucchinis, cabbage, more onion, & can of green beans)

Pour the tomatoes mix, onion and sauce over steak (include vegetable if using chuck roast).

Fold foil over to seal poking one or two holes to vent. Bake in oven 1-hour per lbs.

Another method we used to make. ..

I browned meat in same manner and place on foiled baking sheet.

Then I brown onion, several sliced mushrooms, 2 cans of B&B mushroom gravy and beef broth. Add sour cream if you have it. Pour over steak, fold with foil and bake 350° for 45 minutes.