



Old Fashioned Swiss Steak *(inspired by Wall Drug Cookbook)*

- 2 lb. round or top sirloin steak, cut into serving portions
- ½ cup flour to dredge meat
- 2 tablespoons vegetable oil and more as required
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1 red or green pepper, sliced
- 2 cups mushrooms, sliced
- 1 14oz. can diced tomatoes, with juice
- 2 Tablespoons tomato paste
- 1 can mushroom soup
- 1 can beef consommé'
- 2 teaspoons Worcestershire sauce
- 2 Tablespoons chopped parsley (optional)

Salt & pepper both sides of steak portions. Dredge in flour, coating well and place between sheets of plastic wrap. Pound thin (about a quarter inch). Sauté in batches in a small amount of oil over high heat in hot pan until browned on both sides. Remove from pan and set aside. Add oil as required. Sauté onions, peppers, mushrooms and garlic until vegetables are softened. Add tomatoes, tomato paste, mushroom soup, beef consommé, and Worcestershire sauce. Stir well to combine, and then return meat to the pan. Bring to a boil, reduce heat, cover and bake in a 350 oven for 1-1/2 hours or until meat is very tender. Taste and correct seasoning as necessary. Add parsley just before serving. Serves 6 to 8.