

Swiss Steak

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3-1/2" THICK ROUND STEAKS

SALT & BLACK PEPPER

SELF-RISING FLOUR

CORN OIL

1 BELL PEPPER (CHOP MED. CHUNKS)

1 LARGE ONION (CHOP MED. CHUNKS)

3 CLOVES OF GARLIC (SLICED)

1-14.5 OZ. CAN DICED TOMATOES

WORCESTERSHIRE SAUCE

ONION POWDER

BADIA ROASTED GARLIC POWDER

PAPRIKA

STEAK SEASONING (I USE WEBER STEAK N CHOP)

2 1/2 CUPS BEEF STOCK

OR USE A BEEF BOUILLON STOCK

Set out beef for 1 hour before tenderizing. Trim off perimeter fat (so that beef can flatten around edges). To tenderize: sprinkle with salt and pepper on both sides and lightly dredge in flour. Beat very well on both sides until beef begins to break down and flatten. Once steaks are tenderized-cut each in half. Batter with self-rising flour and fry until brown on both sides in a pre-heated skillet with oil. Take meat out and add chopped onion and pepper and cook about 3-4 minutes. Add beef back to skillet and sprinkle with all spices and add sauces, tomatoes, and stock. Cover and cook on low for two hours.

"So delicious served with mashed potatoes and peas or a vegetable of your choice." - Tammy