

Swiss Steak

Recipe By Nitra Ladies Auxiliary



Cooking and Prep:  2 h

Serves:  4

Contains:  

Preference: Meat

Difficulty: Medium

Source: The Heimishe

Kitchen (Nitra Cookbook)

Ingredients (9)

Main ingredients

- 3 slices shoulder steak
- 1/4 cup flour
- 1 onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 1/2 pound mushrooms, sliced
- 1 cup Gefen Tomato Juice

1 tablespoon brown sugar

1 bay leaf

Start Cooking

Prepare the Steak

1. Cut steak into bite-size pieces.
2. Coat with flour and brown in oil on both sides.
3. Place vegetables, tomato juice, sugar and bay leaf into pot.
4. Add coated meat and cook for an hour and a half, covered, or until tender. Serve over cooked rice or potatoes.

Credit

Styling and Photography by Tamara Friedman