



Swiss Steak

By Carol Trojan

- 1 medium-sized onion, sliced
- 3 tbsp. chopped green pepper
- 3 tbsp. fat
- 1 1/2 lbs. Beef (round, chuck, rump)
- 1 can Hunt's Tomato Sauce
- 1 cup water
- 1 tsp. Worcestershire Sauce
- 1 1/2 tsp. salt
- 1/4 tsp. pepper



In a heavy skillet, cook onion and green pepper in the fat until tender. Then pound flour into the beef with the edge of a heavy plate. Brown meat on both sides in the fat. Then add remaining ingredients over and let simmer about 1 1/2 hours or till tender.

