

Swiss Steak

Ingredients:

2-2.5 lbs. cubed steak cut in portion sized pieces

1/4 cup flour

4 tbsp. vegetable oil

1 onion roughly chopped

1 carrot finely diced

1 clove of garlic minced

1 14.5 oz. can tomato puree

Salt and pepper to taste

Season cubed steak with salt and pepper and rub flour on both sides. Heat a wide shallow pan with the 4 tbsp. of vegetable oil and add the steak cooking until brown. This will take about 3-5 minutes per side. It only has to be brown as it will finish cooking in the sauce.

Remove steak from the pan and add onions and carrots and cook until carrots are beginning to get soft. Add garlic and cook about a minute longer.

Return the steak to the pan moving the onions and carrots on top of the steak. Add tomato puree and cover. Bring to a simmer and then reduce heat to low and cook for about 1 to ½ hours.

Hint: I usually transfer all of it to a small roaster and cook on low for about two hour. It will melt in your mouth.