

MIESEND'S
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Counter to Table Recipes

FROM THE CHEF'S CORNER

Recipe: SWISS STEAK

Date: JUNE 2022

Ingredients:

Directions:

2 Lbs Tenderized Round Steak

1. Preheat oven to 300 degrees.

½ C Seasoned Flour

2. Cut tenderized round steak into ¼ lbs portions.

1 Small Onion, Roughly Chopped

3. Coat each steak with the seasoned flour.

1 Small Bell Pepper, Roughly Chopped

4. Sear seasoned steaks in a large skillet on high heat until both sides are dark brown. About 5-7 minutes for each side.

2 Cloves Garlic, Minced

2 C Puréed Tomatoes (Fresh or Canned)

5. Remove steaks and set to the side.

1 ½ t Italian Seasoning

6. Sauté onion, bell pepper, and garlic removing bits from bottom of the pan. About 3-5 minutes.

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7. Add your Italian seasoning.

8. Add steaks back to the pan.

9. Pour puréed tomatoes over the steaks.

10. Place a lid over the pan and place into the oven for 35-45 minutes, or until the steak is tender.

11. Serve over rice or pasta.
