



## SWISS STEAK

- 2 Pounds Beef Round Steaks, ½" thick
- ½ Cup Flour
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1 Teaspoon Dry Mustard
- 3 Tablespoons Oil
- 1 Clove Garlic
- ½ Cup Chopped Onion
- ½ Cup Chopped Bell Pepper
- 1 Can Diced Tomatoes
- 1 Teaspoon Basil
- ½ Teaspoon Sugar

## DIRECTIONS

1. Mix flour, salt, pepper, and dry mustard.
2. Generously cover on side of meat with seasoned flour.
3. Pound in flour with meat hammer.
4. Turn and repeat with the second side.
5. Heat oil with garlic clove.
6. Lightly sauté onion and bell pepper.
7. Brown meat slowly on both sides.
8. Add tomatoes, sugar, and basil.
9. Cover and simmer for 1 hour.
10. Place in refrigerator overnight.
11. Remove from refrigerator and bring to room temperature.
12. Cook over low heat for 25 to 30 minutes.
13. Stir occasionally.
14. Serve with cooked noodles.