



Suzi's Swiss Steak

Simple one skillet meal!

Servings: 4

- 2 cloves garlic, crushed
- 1/3 cup vegetable oil
- all-purpose flour for dusting
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 1 round steak (approx. 1 1/2 pounds)
- 1 Onion, cut into strips - Medium
- 1 Bell pepper, cut into strips- Medium
- 2 Potatoes - cut into bit size pieces -Medium
- 3 Carrots - Peeled and cut into bit size pieces
- 2 dashes of Wostershire sauce
- 1 (14-1/2 ounce) can diced tomatoes (use can and add 1 can of water)



Cut steak into serving-size pieces. Season, to taste, with garlic powder and salt and pepper. Dust meat with flour. In electric skillet, brown both sides of meat in vegetable oil. Combine garlic, tomatoes, onion, potatoes, carrots, bell pepper, Wostershire Sauce and 1 tomato-can measure of water. Pour over steak and simmer over low heat until meat is tender, about 45 minutes adding water, if necessary to keep meat partially covered. Season, to taste, with additional salt and pepper. Meat, potatoes and carrots should be fork tender.



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