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 I teaspoon garlic powder

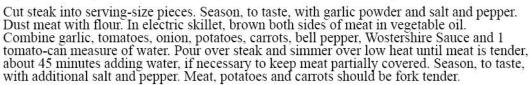
1 round steak (approx. 1 1/2 pounds) 1 Onion, cut into strips - Medium

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)





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