

# Swiss Steak Casserole

## Recipe of the Month – December 2013



Make dinner easy. Packages of cut-up carrots and mushrooms quicken the preparation even more.

**Prep Time:** 20 Min

**Start to Finish:** 2 Hr. 5 Min

**Makes:** 6 servings (1 cup each)

### INGREDIENTS

3 tablespoons all-purpose flour  
1/2 teaspoon salt  
1 teaspoon paprika  
1/2 teaspoon pepper  
1 lb. boneless beef round steak, cut into 3/4-inch cubes  
2 tablespoons vegetable oil  
2 cups sliced mushrooms  
1 cup frozen pearl onions  
1 clove garlic, finely chopped  
4 cups sliced carrots (8 medium)  
1 can (14.5 oz.) stewed tomatoes, un-drained

### DIRECTIONS

1. Heat oven to 350°F. In medium bowl, mix flour, salt, paprika and pepper. Add steak; toss to coat. In 12-inch skillet, heat 1 tablespoon of the oil over medium-high heat. Add steak, reserving remaining flour mixture; brown steak on all sides. Spoon into ungreased 2 1/2-quart casserole.
2. To same skillet, add remaining 1 tablespoon oil, the mushrooms, onions and garlic. Cook 2 to 3 minutes, stirring constantly, until browned; add to casserole. Add carrots, tomatoes and reserved flour mixture; mix well.
3. Cover casserole. Bake 1 hour 30 minutes to 1 hour 45 minutes or until meat and vegetables are fork-tender.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Cup	<b>Calories:</b>	230	<b>Calories from Fat:</b>	70
<b>Total Fat:</b>	8 g	<b>Saturated Fat:</b>	1 ½ g	<b>Cholesterol:</b>	40 mg
<b>Sodium:</b>	650 mg	<b>Total Carbohydrate:</b>	20 g	<b>Dietary Fiber:</b>	4 g
<b>Sugars:</b>	10 g	<b>Protein:</b>	19 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)

