

Swiss Steak

Here's a hearty cold weather recipe that can be made in the crock pot while you are away at work all day long. I had never experienced Swiss steak until I met the guy who would later ask me to marry him. This is my mother-in-law's recipe and it has never failed me.

When Kroger has top sirloin beef, or round steak "reduced for quick sale" I stock up on these cuts of beef and freeze them.

1 ½ -2 lbs round steak or sirloin beef (thawed)
1 cup plain flour for dredging
A little oil
1 medium onion chopped

1 can cream of mushroom soup
1 can petite diced tomatoes
Salt and pepper to taste



Cut steak into 2" squares. Toss steak pieces in a zip lock bag with 1 cup plain flour. Shake bag to coat steak pieces. Cover the bottom of a 10" skillet with vegetable oil and heat to medium high. Add steak pieces and fry beef until slightly brown (a couple of minutes for each side), turn, and repeat. Remove beef from skillet and transfer to crock pot. Toss chopped onion into remaining oil. Sauté onions a couple of minutes, then add them to the crock pot. Pour canned tomatoes and mushroom soup (undiluted) over beef and onions. Add salt and pepper to taste. Simmer all day, or until the beef is tender.

The tomatoes and mushroom soup make a tasty gravy which is excellent served over creamed potatoes, rice, or egg noodles. Although I prepared egg noodles here, my preference is to serve the beef and gravy over mashed potatoes 😊