

OVEN SWISS STEAK

By Dorothy Zehnder

1 ½ pounds boneless round steak

2 tablespoons all-purpose flour

¼ cup vegetable oil

2 tablespoons all-purpose flour

1 (16 ounce) can tomatoes, undrained and chopped

½ cup chopped celery

½ cup chopped carrots

½ cup chopped onion

½ teaspoon soy sauce

Pound Steak to ¼ inch thickness; cut into serving size pieces.

Combine 2 tablespoons flour and salt. Dredge steak in flour mixture; brown in hot oil in a large skillet. Remove from skillet, and place in a lightly greased 13 X 9 2inch baking dish; set aside.

Add 2 tablespoons flour to pan drippings; cook over medium heat 1 minute, stirring constantly. Add tomatoes, celery, carrots, and onion; cook until thickened, stirring constantly. Stir in soy sauce. Pour mixture over steak. Cover and bake at 350® for one hour and 15 minutes or until steak is tender. Yield: 6 servings.

Note from Dorothy: For a variation, cut the canned tomatoes to one cup (8 oz.) and add a cup of soup broth. Also, if you do not like that many vegetables, cut celery, carrots and onions down to a ¼ cup each.