

SWISS STEAK

Swiss Steak is a comforting, old-fashioned dish that transforms tough cuts of beef into tender, flavorful steaks simmered in a savory tomato-based sauce. This classic American recipe is beloved for its rich flavors and melt-in-your-mouth texture, achieved by slowly braising the meat with onions, garlic, and herbs. The dish is typically served with mashed potatoes, rice, or pasta, soaking up the delicious sauce and making for a hearty and satisfying meal. Swiss Steak is a perfect choice for family dinners or gatherings, offering a taste of nostalgia and a warm, satisfying experience that everyone will enjoy.

Ingredients

- 2 pounds beef round steak, cut into serving-sized pieces
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1 cup beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 bay leaf
- 2 tablespoons tomato paste
- Fresh parsley, chopped (for garnish)

Instructions

1. Prepare the steak:

- In a shallow dish, combine the flour, salt, and black pepper. Dredge each piece of beef in the

flour mixture, shaking off any excess.

2. Brown the beef:

- In a large skillet or Dutch oven, heat the vegetable oil over medium-high heat. Add the beef pieces in batches and brown on both sides, about 3-4 minutes per side. Remove the beef from the skillet and set aside.

3. Sauté the onions and garlic:

- In the same skillet, add the sliced onions and sauté for about 5 minutes, or until softened. Add the minced garlic and cook for another minute until fragrant.

4. Combine the sauce:

- Stir in the diced tomatoes (with their juices), beef broth, Worcestershire sauce, thyme, paprika, bay leaf, and tomato paste. Bring the mixture to a simmer, stirring to combine.

5. Braise the steak:

- Return the browned beef to the skillet, nestling the pieces into the sauce. Cover the skillet and reduce the heat to low. Simmer for 1.5 to 2 hours, or until the beef is tender and easily cuts with a fork.

6. Serve:

- Remove the bay leaf and discard. Serve the Swiss Steak hot, garnished with chopped parsley, alongside mashed potatoes, rice, or your favorite side dish.

Enjoy your Swiss Steak as a deliciously tender and flavorful dish that brings the comforting taste of a classic home-cooked meal to your table, perfect for any occasion!