

Swiss Steak

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Adapted from The Laura Ingalls Wilder Country Cookbook

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6325289b65f2522aa3105255>

- 1/2 cup flour
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 3 pounds round steak, 1/5 inches thick
- 1 Tbsp butter
- 1 Tbsp olive oil
- 2 cloves garlic, chopped
- 1 can cream of mushroom soup, diluted with 2 cans water or milk (points calculated using water)

1. Combine flour and seasonings
2. Pound the flour into both sides of the steak and let stand for 1/2 hour
3. Heat butter and oil in a large skillet. Brown steak on both sides. Add garlic and cook for a minute.
4. Add soup and simmer for 1 to 2 hours until meat is tender. Cooking time will depend upon thickness and

tenderness of the meat

Main Course

Beef