

90'S-Style Swiss Steak

Craving nostalgia? Try this 90's-style Swiss Steak with pasta, vegetables, and a spicy tomato sauce.

INGREDIENTS

- 1 beef Chuck Shoulder Steak, Arm Steak or Cross Rib Steak, cut 1/2 inch thick (about 1-1/2 pounds)
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons vegetable oil
- 3/4 cup finely chopped carrots
- 3/4 cup finely chopped onion
- 3/4 cup water
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped celery
- 1/2 cup prepared picante sauce
- 1/4 cup ketchup
- 1 tablespoon distilled white vinegar
- 2-1/2 cups uncooked bow tie pasta, cooked



2.00 Hours 6 Servings 42 Cal 24.6g Protein

COOKING

1. Cut beef Chuck Shoulder Steak into 6 pieces; pound to 1/4 inch thickness. Combine flour, salt and pepper. Lightly coat beef with flour mixture.
2. Heat oil in large stockpot over medium heat until hot. Brown steak in batches. Pour off drippings, if necessary.
3. Return steaks to stockpot. Add remaining ingredients, except pasta; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours or until beef is fork-tender. If sauce becomes too thick, stir in a little water. Serve over pasta.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		16.2g	72mg		23g	24.6g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com