

SWISS STEAK

Tom Westerman

4 lb. sirloin steak, cut about 5/8-in. thick
4 cans of diced tomatoes, or 4 sandwich bags of plum tomatoes
(as from the freezer)
1 packet Lipton's onion soup mix
1 14-oz. can beef broth
1 large onion, diced
Garlic powder (~2 tsp), salt (may not need any), and black or
white pepper, all to taste
Flour, for pounding into the meat.

Pound the flour into the meat. Don't overdo the quantity of
flour, or the meat can become pasty. We use the edge of a
heavy plate as the pounding tool.

Fry the meat on both sides to brown. We use olive oil in the fry
pan.

Add all the ingredients to a roaster pan, mix.

Bake covered at 350° for 1-1/2 hour, check for tenderness.
Note that tougher cuts than sirloin, e.g., round steak, can be
used in this recipe instead of sirloin, as the pounding tends to
tenderize the meat.

Great served on rice, pasta, or mashed potatoes.

Serves 8.