

Swiss Steak

Triple-tested in Successful Farming's tasting-test kitchen

Ingredients

- 1/3 cup enriched flour
- 2 tsp salt
- 1/4 tsp pepper
- 2 pounds round or chuck steak, 1 inch thick
- 3 Tbsp fat
- 1 8-ounce can (1 cup) seasoned tomato sauce
- 2 5 1/2-ounce cans (1 1/3 cups) pizza sauce
- 1 medium onion, sliced

Instructions

1. Combine flour, salt, and pepper; pound into steak.
2. Brown slowly on both sides in hot fat.
3. Pour tomato sauce and pizza sauce over meat.
4. Top with onion slices.
5. Simmer uncovered 10 minutes.
6. Cover and bake in oven-going skillet or large casserole in moderate oven (350°) 1 hour or a little longer, until the steak is fork-tender.
7. Makes 6 servings.

Swiss Steak

Pizza sauce is the new seasoning trick—

$\frac{1}{3}$ cup enriched flour
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
2 pounds of round or chuck
steak, 1 inch thick
3 tablespoons fat

1 8-ounce can (1 cup) seasoned
tomato sauce
2 $5\frac{1}{2}$ -ounce cans ($1\frac{1}{3}$ cups)
pizza sauce
1 medium onion, sliced

Combine flour, salt, and pepper;
pound into steak. Brown *slowly* on
both sides in hot fat. Pour tomato
sauce and pizza sauce over meat. Top
with onion slices. Simmer uncovered

10 minutes. Now cover and bake in
oven-going skillet or large casserole in
moderate oven (350°) 1 hour or a little
longer, until the steak is fork-tender.
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