

# A Recipe from Yavapai Cowbelle Kitchens

## Super Swiss Steak

1/4 cup all purpose flour

1 tsp salt, divided

1/2 tsp pepper

2-1/2 pounds boneless beef round steak about 1 inch thick, cut in serving sizes

2 tbsp. olive oil

1 can stewed tomatoes

1 can condensed tomato soup, undiluted

1 large onion sliced

1/4 tsp. each dried marjoram, thyme, paprika

1/8 tsp ground cloves

1 bay leaf

In a large resealable plastic bag, combine flour, 1/2 tsp salt and pepper. Add beef a few pieces at a time, shake to coat. Remove steak from the bag, flatten to 3/4 inch thickness.

In a large skillet, heat oil, over medium high, brown meat on both sides.

In a bowl combine tomato soup, stewed tomatoes, onion, and spices.

Pour over beef and bring to a boil.

Reduce heat, cover and simmer 1 to 1 1/2 hours or until meat is tender.

Enjoy!