

# Swiss Steak

Sunday, March 18, 2007  
11:35 AM

## Swiss Steak

1lb Cube or Round steak

2 Tbsp flour

¼ tsp salt

¼ tsp pepper

Combine flour, salt, pepper – pound into meat

Brown meat both sides

Bake 1 ½ hours

layer in dutch oven – tomato sauce – celery salt, onion powder, garlic powder

Pasted from <<file:///C:/Users/MDavis/Documents/Mark's%20Files/Camping/Memorial%20Day%20Campout%20Food%20List-2006.doc>>