

The Marv's Meats Recipe Collection #9

Traditional Swiss Steak

2 - 2 ½ lbs – beef round steak, cut into serving size portions
2 TBS – olive oil
1 – 16 oz. can – diced tomatoes
2 – onions, sliced
1 clove – garlic, minced
2 tsp – flour
½ cup – dry red wine
½ cup – beef stock
1 tsp – tomato paste
1 tsp – red wine vinegar
Salt & pepper to taste
cooking spray

Pre-heat oven to 350°. Heat 1 TBS oil in a large skillet. Lightly season beef with salt & pepper, brown on both sides (3-4 minutes each side) and transfer to a 3 qt. casserole dish (sprayed with cooking spray). Drain tomatoes – reserving juice – and add to beef in casserole dish. Heat remaining 1 TBS oil in skillet and sauté onions until they start to brown. Add garlic and cook 1 minute. Add flour to form a roux and cook 3-4 minutes, stirring constantly. Stir in wine, stock and reserved tomato juice, bring to a boil and cook 3-4 minutes to thicken. Stir in tomato paste and vinegar, season with salt and pepper and pour over beef and tomatoes. Cover casserole with a lid or foil and cook in pre-heated oven 2 – 2 ½ hours until beef is tender. Serves 4.



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