

## Green Pepper Steak

1½ pounds round steak, ¼” thick	3 tablespoons vegetable oil
2 tablespoons soy sauce	1 cup diced green pepper
¼ cup flour	1 cup water

Cut steak into strips about 2 inches long and 1 inch wide. Pound the strips to help make them tender. Brush soy sauce on each side of meat strips, then sprinkle with flour. Brown steak strips in vegetable oil over medium heat. Add green pepper and sauté a few minutes, then add the water. Cover and simmer 35 to 45 minutes, until meat is tender. 6 servings.

## Pepper Steak

¼ cup seasoned flour	1 large green pepper, cut into 8 strips
1½ pounds round steak (about ¾” thick)	1 medium onion, sliced
2 tablespoons shortening	1 clove garlic, minced
1 can (10½ ounces) condensed tomato soup	1 tablespoon lemon juice
½ cup water	4 thin slices lemon

Pound seasoned flour into steak with meat hammer or edge of heavy saucer. Brown steak on both sides in shortening. Add remaining ingredients. Cover; cook over low heat 45 minutes or until steak is tender; stir often. 4 to 6 servings.

## Swiss Steak

¼ cup flour	¼ cup vegetable oil
1½ teaspoon salt	2 medium onions, chopped
Dash pepper	1 cup water
2 pounds thick round steak	1 can (8 ounces) tomato sauce

Mix flour, salt and pepper; pound into both sides of meat. Brown meat in a small amount of vegetable oil, adding more oil as necessary. Remove browned meat from pan and cook onion until golden. Add water and tomato sauce; stir until mixture thickens a bit and boils. Return meat to pan; cover and reduce heat. Simmer 1½ hours or until meat is tender. 6 servings.

## Swiss Steak With Vegetables

¼ cup flour	½ cup water
Dash pepper	4 medium carrots; cut in 2” pieces
1 pound round steak (1/2” thick)	4 medium potatoes, cut in half
2 tablespoons shortening	1 tablespoon chopped parsley
1 can (10½ ounces) condensed onion soup	

Pound flour and pepper into steak with meat hammer or edge of heavy saucer. Cut into 4 serving pieces. In large skillet, brown steak on both sides in shortening. Add soup, water, carrots, and potatoes. Cover; cook over low heat 45 minutes or until meat and vegetables are tender. Stir now and then. Sprinkle with parsley just before serving. 4 servings.