



## Swiss Steak

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup add carrot and onion to bacon fat . cook
- 1.5 cups beef broth
- 2 pounds beef bottom round trimmed
- 1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced canned
- 2 stalks celery chopped
- 0.8 cup flour all-purpose
- 2 cloves garlic minced

- 2 teaspoons kosher salt
- 1 large onion thinly sliced
- 1 teaspoon oregano dried
- 1 teaspoon paprika smoked
- 1 tablespoon tomato paste
- 1 tablespoon worcestershire sauce

## Equipment

- frying pan
- oven
- pot
- dutch oven
- pie form

## Directions

- Preheat the oven to 325 degrees F.
- Cut the meat with the grain into 1/2-inch thick slices and season on both sides with the salt and pepper.
- Place the flour into a pie pan. Dredge the pieces of meat on both sides in the flour mixture. Tenderize the meat using a needling device, until each slice is 1/4-inch thick. Dredge the slices on both sides once more and set aside.
- Add enough of the bacon drippings or vegetable oil to just cover the bottom of a 4 to 5-quart Dutch oven set over medium-high heat. Once the oil begins to shimmer, add the steaks to the pan, being careful not to overcrowd. Cook until golden brown on both sides, approximately 2 minutes per side.
- Remove the steaks to a plate and repeat until all of the steaks have been browned.
- Remove the last steaks from the pot and add the onions, garlic, and celery.
- Saute for 1 to 2 minutes.
- Add the tomato paste and stir to combine. Next add the tomatoes, paprika, oregano, Worcestershire sauce and beef broth and stir to combine. Return the meat to the pot, submerging it in the liquid. Cover the pot and place it in the oven on the middle rack. Cook for

1 1/2 to 2 hours or until the meat is tender and falling apart.

## Nutrition Facts

**PROTEIN 37.8%** **FAT 40.45%** **CARBS 21.75%**

### Properties

Glycemic Index:49.83, Glycemic Load:10.93, Inflammation Score:-7, Nutrition Score:24.746521685434%

### Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

### Nutrients (% of daily need)

Calories: 403.48kcal (20.17%), Fat: 17.92g (27.57%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 21.67g (7.23%), Net Carbohydrates: 18.84g (6.85%), Sugar: 4.96g (5.52%), Cholesterol: 103.11mg (34.37%), Sodium: 1258.68mg (54.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.35%), Selenium: 48.54µg (69.34%), Vitamin B3: 12.68mg (63.39%), Vitamin B6: 1.17mg (58.63%), Vitamin B12: 2.84µg (47.32%), Zinc: 6.72mg (44.79%), Phosphorus: 389.63mg (38.96%), Iron: 5.39mg (29.95%), Potassium: 906.71mg (25.91%), Vitamin B2: 0.4mg (23.35%), Vitamin B1: 0.34mg (22.52%), Manganese: 0.4mg (19.82%), Folate: 69.49µg (17.37%), Copper: 0.34mg (16.92%), Magnesium: 62.42mg (15.6%), Vitamin K: 12.73µg (12.13%), Vitamin C: 9.84mg (11.93%), Fiber: 2.83g (11.34%), Vitamin E: 1.7mg (11.32%), Vitamin B5: 1.02mg (10.2%), Vitamin A: 422.33IU (8.45%), Calcium: 82.89mg (8.29%), Vitamin D: 0.25µg (1.64%)