



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### SWISS STEAK AND GRAVY

2 pounds ground beef, round or chuck

3 tablespoons flour

½ teaspoon salt

¼ teaspoon ground black pepper

1 tablespoon vegetable oil

1 cup chopped onion

1 can (14.5 ounces) diced or stewed Italian-style tomatoes

½ cup beef broth or dry red wine

1. Shape beef into 6 patties.
2. On sheet of waxed paper, combine flour, salt, and pepper. Coat both sides of patties in flour mixture, shaking off excess. Reserve remaining flour mixture.
3. In large nonstick skillet, heat oil over medium-high heat.
4. Add beef patties; cook until browned, about 5 minutes per side. (If necessary, cook in 2 batches.) Transfer beef patties to plate; cover to keep warm.
5. Add onion to skillet; cook until soft, about 5 minutes, scraping up any browned bits. Stir in reserved flour mixture; cook 1 minute. Stir in tomatoes and broth.
6. Add beef patties; cover and simmer stirring sauce occasionally until meat is tender, about 15 minutes.
7. Serve with mashed potatoes or buttered noodles.

Makes 6 servings.

