



Swiss Steak

From Tom and Mary Kay

- 1 to 2 pounds round steak
- 2 cans Franco American beef gravy (2 cans water)
- 1 medium onion, diced
- 1 (6-ounce) can tomato sauce or tomato soup
- 1 tablespoon soy sauce
- 1 tablespoon paprika
- 1 tablespoon beef bouillon
- 1 tablespoon parsley
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

- Trim all fat off meat, cut into serving pieces.
- Combine all other ingredients in roasting pan.
- Place meat into liquid, making sure meat is entirely covered by juice.
- Bake for 2 hours at 350, uncovered.
- After 1 hour, turn meat over; make sure meat is covered by juice.
- Bake 1 hour more.
- The gravy will be thick and creamy; meat will be very tender.

Serve 4 to 6

Oven Stew

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Follow Swiss Steak instructions, only add any vegetable you like in stew: potatoes, carrots, onions, etc.

