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JOHNI'S SWISS STEAK (Serves 4)

1 lb. round steak, tenderized – or cube steaks
2 T. vegetable oil
1½ c. flour
Salt and pepper to taste
1 onion, coarsely chopped
1 can stewed tomatoes
Squirt of ketchup
1 can mushrooms, drained
3 T. Kitchen Bouquet
1 c. of water

Trim excess fat from round steak and cut into steak-sized pieces.

Coat steak pieces with flour and season with salt and pepper.

Brown steak in hot oil; remove from pan and pat excess oil from steak with a paper towel, if necessary.

Sauté onions until tender; add stewed tomatoes, ketchup, and mushrooms.

Add Kitchen Bouquet to 1 cup of water and add to vegetables.

Return steak to pan with vegetable mixture and simmer on low (or bake at 350°F in oven) for one hour.

Serve with mashed potatoes.