Foster's Body & Paint

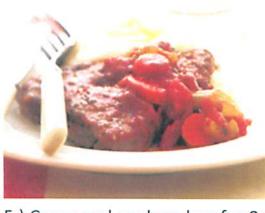
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Slow-Cooked Swiss Steak

Ingredients:

- -3/4 cup all purpose flour
- -1 tsp. pepper
- -1/4 tsp. salt
- -2 to 2 ½ lbs boneless round steak
- -1 to 2 Tbsp. butter or margarine
- -1 can (10 ¾ oz.) condensed cream of mushroom soup, undiluted
- -1 1/3 cup sliced celery, optional
- -1/2 cups chopped onion
- -1 garlic clove, minced
- -1 to 3 tsp. beef bouillon granules



Preparations:

- 1.) In a shallow bowl, combine flour, pepper and salt. Cut steak into 6 serving size pieces; dredge in flour mixture.
- 2.) In a skillet, brown steak in butter.
- Transfer to a slow cooker.
- 4.) Combine the remaining ingredients; pour over steak.
- 5.) Cover and cook on low for 8-9 hours or until the meat is tender.

Find this recipe and many more at Fostersbodyandpaint.com