

Swiss steak

Ingredients

1. 1-1/2 pounds beef chuck shoulder steaks, cut 1/2 inch thick
2. 3 tablespoons all-purpose flour
3. 1 teaspoon salt
4. 1/2 teaspoon pepper
5. 2 tablespoons vegetable oil
6. 3/4 cup finely chopped carrots
7. 3/4 cup finely chopped onion
8. 3/4 cup water
9. 1/2 cup finely chopped green bell pepper
10. 1/2 cup finely chopped celery
11. 1/2 cup prepared picante sauce
12. 1/4 cup ketchup
13. 1 tablespoon distilled white vinegar
14. 2-1/2 cups uncooked bow tie pasta, cooked

Instructions

1. Cut beef steak into 6 pieces; pound to 1/4 inch thickness. Combine flour, salt and pepper. Lightly coat beef with flour mixture.
2. Heat oil in stockpot over medium heat until hot. Brown beef in batches. Pour off drippings.
3. Return beef to stockpot. Add remaining ingredients, except pasta; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours or until beef is fork-tender. If sauce becomes too thick, stir in a little water. Serve over pasta.