

## **Old-Fashioned Swiss Steak**

*Adapted from Alton Brown/Food Network*

1 to 2 pounds tenderized top round steak (or cube steak)  
Ground black pepper  
Mrs. Dash or salt  
Flour to coat the steaks  
2 tablespoons grapeseed or vegetable oil  
1/2 cup diced onion  
1/2 cup diced celery  
1/2 cup diced red bell pepper  
1 tablespoon tomato paste (freeze the rest for another use)  
1 14.5-ounce can diced tomatoes (I used fire-roasted with garlic)  
1 teaspoon smoked paprika  
1/2 teaspoon dried oregano  
1 tablespoon Worcestershire Sauce  
1 1/2 cups beef broth, homemade or low-sodium

Cut the tenderized steak into serving size portions. (That would be three in this household.) Season the meat with ground black pepper and Mrs. Dash or salt, to taste. Dredge the steaks through flour and set aside.

Add the oil to the pressure cooker set on medium-high heat, and cook the steaks, one at a time, on both sides until browned. Remove each to a plate and set aside. Add a little more oil, if needed, in between steaks.

Add the chopped vegetables and cook for a few minutes, stirring occasionally. Add the rest of the ingredients and stir until combined. Return the steaks to the pot, submerging them in the liquid as best you can. Secure the lid, add the pressure rocker, and turn the heat to high. When the pressure regulator begins to rock, reduce the heat to medium so that it rocks steadily for 15 minutes. At the 15-minute mark, remove from heat. Let the pressure reduce on its own before removing the lid. Serve steaks over cooked rice with a side vegetable.

**Note:** If you don't have a pressure cooker, you can make this in a Dutch oven. Follow the same steps, except cover the Dutch oven and cook on the middle rack in a 325-degree oven for 1 1/2 to 2 hours.