

Swiss Steak

Classic Swiss steak recipe with tender beef braised in savory tomato sauce. Easy oven method for fall-apart meat in rich, flavorful gravy.

30	120	150	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Swiss Steak

Ingredients

- 2 lb steak
- 1 cup flour
- 3 tbsp olive oil
- 1 onion
- 4 clove garlic
- 1 tbsp tomato paste
- 2 cup tomato
- 2 cup beef broth
- 2 tsp italian seasoning
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp parsley

Instructions

- 1 Prepare the steaks**

Preheat oven to 175°C (350°F). Place 2 pounds of round steak between plastic wrap and pound to ½-inch thickness using a meat mallet or rolling pin. Season both sides generously with 1 teaspoon salt and 1 teaspoon pepper.
- 2 Dredge both sides of the pounded steaks in 1 cup flour, pressing gently to adhere and shaking off excess. Set aside on a plate.**
- 3 Sear the meat**

Heat 2 tablespoons oil in a large oven-safe skillet or Dutch oven over medium-high heat until shimmering. Sear steaks for 4-5 minutes per side until golden brown and crispy. Transfer to a plate.
- 4 Build the sauce**

Add remaining 1 tablespoon oil to the same skillet. Add 1 sliced onion and cook for 3-4 minutes, stirring occasionally, until softened and translucent. Add 4 minced garlic cloves and cook for 30 seconds until fragrant.
- 5 Stir in 1 tablespoon tomato paste and cook for 1 minute until darkened. Add 2 cups diced tomatoes with their juice, 2 cups beef broth, 2 teaspoons Italian seasoning, and 1 tablespoon Worcestershire sauce.**

- 6 Bring mixture to a boil, scraping up any browned bits from the bottom of the pan with a wooden spoon. Season sauce with salt and pepper to taste. Return seared steaks to the skillet, spooning sauce over the meat.
- 7 **Braise**
Cover tightly with lid or aluminum foil and transfer to preheated oven. Braise for 1½ to 2 hours until meat is fork-tender and easily shreds, checking every 45 minutes and adding more broth if sauce becomes too thick.
- 8 Remove from oven and let rest for 10 minutes. Garnish with 1 tablespoon fresh parsley and serve immediately with the pan sauce spooned over the steaks.

Tips

Pound the steaks to an even ½-inch thickness using a meat mallet or the back of a heavy knife. This ensures uniform cooking and maximum tenderness throughout the meat.

Don't skip the searing step - browning the floured steaks creates crucial flavor compounds through the Maillard reaction that enhance the entire dish's taste profile.

Use a combination of beef broth and diced tomatoes instead of just broth for a richer, more complex sauce that coats the meat beautifully.

Cover the braising pan tightly with foil before adding the lid to prevent moisture loss during the long cooking process, ensuring the meat stays moist and tender.

Let the finished dish rest for 10 minutes before serving to allow the sauce to thicken slightly and the flavors to settle.

Make this dish a day ahead - the flavors improve dramatically overnight, and reheating is simple and convenient for busy weeknight dinners.

If the sauce becomes too thick during cooking, add warm broth or water gradually until you reach the desired consistency, stirring gently to avoid breaking up the tender meat.