

Creole Smothered Swiss Steak

From the Kitchen of [Deep South Dish](#)

For the Steaks:

- 6 cube steaks or tenderized bottom round steak (3 to 4 pounds)
- Worcestershire sauce (or [Dale's marinade](#)), to taste*
- 1/2 cup all-purpose flour
- 1/4 teaspoon freshly cracked black pepper
- 1 teaspoon seasoned salt (like [Lawry's](#))
- 2 to 3 tablespoons cooking oil (olive, corn, vegetable, canola)

For the Sauce:

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 can classic (non-diet) cola soft drink
- 1 tablespoon of tomato paste
- 1 tablespoon beef base (like [Better Than Bouillion](#) {affil link}) or bouillon
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried rosemary, crushed
- 1/4 to 1/2 teaspoon of Creole or Cajun seasoning, or to taste, optional
- 1 (14.5 ounce) can diced tomatoes, undrained

INSTRUCTIONS

1. Pour Worcestershire sauce (or [Dale's marinade](#)) on tenderized round steak and let sit for 20 minutes.
2. Mix the flour, seasoned salt, and pepper.
3. Heat 2 tablespoons of oil in a heavy bottomed, lidded skillet over medium high heat. You'll need that lid here in a bit.
4. Drain the steaks and dredge then lightly in the flour mixture, cooking them in the hot oil, 2 or 3 at a time, without crowding them, until browned, about 3 minutes per side. Remove and set aside.

NOTES

*I used Original Dale's {affil link} seasoning which is a marinade. Ingredients include soy sauce, onion, garlic, sugar, MSG, ginger and paprika, in that order.

Crockpot: This recipe also does well in a slow cooker when using (bottom) round or other slow braising steaks. May cut into strips, if desired, and prepare as noted except do not return the steaks to the skillet. Add them to the slow cooker and pour the cooked sauce on top. Cook on low for about 6 to 8 hours, or high for 4 to 5 hours, or until tender.

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