



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Deviled Swiss Steak*

- 2 pounds beef round steak
- 2 teaspoons dry mustard
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 4-ounce can mushroom stems and pieces (optional)

1. Trim excess fat from meat; remove bone. Cut meat into 8 serving pieces.
2. Mix dry mustard, salt, and pepper; sprinkle over surface of meat.
3. Pound seasoning into both sides of meat using a meat hammer or edge of small saucer or plate. Pound until all seasonings are worked into meat. Pound a bit longer to ensure tenderness.
4. Heat oil in heavy skillet over medium heat. Quickly brown meat on both sides.
5. Remove pan from heat; spoon off excess fat.
6. If using mushrooms, drain and reserve liquid. Add water to liquid, if necessary, to make ½ cup; add Worcestershire sauce. Pour liquid mixture over meat.
7. Cover; simmer 1 ½ to 2 hours or until meat is tender.
8. Add mushrooms, if desired; heat through. Transfer meat to platter. Spoon off excess fat from pan juices; pour juices and mushrooms over meat. Serves 8.

| Nutrition Facts | | | |
|--|-----------|-----------------------|------------|
| Serving Size: 1 piece | | | |
| Servings 8 | | | |
| Amount Per Serving | | | |
| Calories | 290 | Calories from Fat 130 | |
| % Daily Value* | | | |
| Total Fat | 14g | | 20% |
| Saturated Fat 4g | | | 20% |
| Cholesterol | 110mg | | 35% |
| Sodium | 420mg | | 20% |
| Total Carbohydrate | 1g | | 0% |
| Dietary Fiber 0g | | | 0% |
| Sugars less than 1g | | | |
| Protein | 39g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 0% | Iron | 20% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate | 4 |
| | | Protein | 4 |

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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