



## BRAISED SWISS STEAKS

2	tablespoons corn oil		Flour
1	large onion — sliced	1	cup beef bouillon
$\frac{1}{4}$	teaspoon thyme	1	cup vegetable juice
6	8 oz. steaks (cut from top round)	$1\frac{1}{2}$	cup carrots, leeks & celery — cut into julienne (thin strips)
	Seasoned salt	1	teaspoon chopped parsley

Simmer onions in 1 tablespoon corn oil until golden. Remove pan from heat and add thyme.

Season and sprinkle steaks on both sides with flour — then brown steaks in 1 tablespoon hot vegetable oil on both sides in an iron skillet. Transfer steaks to pan with onions.

Pour vegetable juice and bouillon over steaks. Cover pan and simmer steaks very slowly for 1 hour in the oven or on top of the stove.

After 1 hour cooking time turn steaks over — then cover the steaks with the vegetable julienne and continue the cooking for 30 minutes more.

To serve, arrange steaks on serving platter. Spoon sauce and vegetables over steaks. Sprinkle with parsley. Serves six.