

Swiss Steak

2 Lbs. round steak (1 inch thick) 2 TBS flour 1 tsp. salt ¼ tsp. pepper 2 TBS fat	½ C. Onions, finely chopped ½ C. Celery, finely chopped ½ C. Green Pepper, finely chopped 1 C. canned tomatoes
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Combine flour and seasoning and pound mixture thoroughly into both sides of beef. Cut into serving pieces. Heat Pressure Cooker and add fat. Place beef in cooker and brown well all around. Then lift steaks and place them on rack in cooker. Mix vegetables well and place over meat. Place cover on cooker. Allow steam to flow through pressure control releasing all air from cooker. Set control at 15 lbs. and cook 15 minutes. Cool cooker immediately. Raise pressure control and remove cover. Thicken sauce to desired consistency. 6 servings.