

## Wild Game Swiss Steak

### Ingredients

Yield: 4 servings

- ¾ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1½ pounds of elk, antelope or venison steak (½ inch thick or less)
- 1 to 2 Tablespoons vegetable oil
- ½ cup chopped onion
- ½ cup sliced carrots
- ½ cup sliced green bell pepper (optional)
- 2- 8 ounce cans tomatoes

1. Mix flour, salt and pepper together.
2. Cut steak into 8 pieces and dredge steaks in seasoned flour.
3. Heat oil in a deep-sided fry pan and fry steaks about 3 minutes on each side.
4. Add onions, carrots and peppers and continue to cook until vegetables start to soften, about 3 more minutes.
5. Add canned tomatoes to pan, reduce heat to low and simmer. Cover and continue to let cook for 1½ to 2 hours or until tender. Check occasionally to make sure food is not sticking to pan. If more liquid is needed, add water or beef broth.

### Ideas/Substitutions

- Use a crock pot to cook the stew.
- Substitute or add other fall veggies, like carrots, yams, sweet potatoes, rutabagas, or winter squash (cubes of peeled acorn, butternut, Hubbard, or other varieties).
- Serve with corn bread and a fresh spinach salad.

### Nutrition Analysis

Serving Size: 1 1/2 cups Total Carb: 42 g

Calories: 423 Dietary Fiber: 4 g

Total Fat: 11 g Sodium: 142 mg

Calories from Fat: 16% Protein: 38 g

Iron: 6.7 mg Zinc: 4.5 mg

### Recipe Source

Montana State University

Extension Nutrition Education Program

Bozeman, Montana

[www.montana.edu/nep/recipes.htm](http://www.montana.edu/nep/recipes.htm)

For more wild game recipes, visit:

North Dakota State University Extension  
Service

[www.ag.ndsu.edu/pubs/yf/foods/he124w.htm](http://www.ag.ndsu.edu/pubs/yf/foods/he124w.htm)