

# FOOD

## Slow Cooker Sloppy Swiss Steak

After a search on Allrecipes for Swiss steak resulted in 16 similar recipes, I decided I wanted to create something unique. It may be a stretch to call my creation 'Swiss,' but the result was a meal the whole family liked. Even my picky 4- and 7-year-old boys ate a large portion of it!

### Ingredients

- 2 pounds boneless beef round steak, cut into 6-ounce pieces
- 1/2 teaspoon seasoned salt (such as LAWRY'S®), or to taste
- 1/2 teaspoon paprika, or to taste
- 2/3 cup all-purpose flour
- 2 tablespoons vegetable oil, or as needed
- 1 large green bell pepper, cut into strips
- 1 large onion, cut into strips
- 1 large carrot, chopped
- 1 (10 ounce) can diced tomatoes with green chile peppers (such as RO\*TEL®), undrained
- 1/2 (15 ounce) can sloppy joe sauce (such as Manwich®)
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1/2 cup red wine

### Directions

1. Sprinkle both sides of the steak pieces with seasoned salt and paprika. Place the flour in a shallow dish, and thoroughly dredge both sides of the meat with the flour.
2. Pound the meat on both sides with the tenderizing side of a meat mallet, pounding some of the flour into the meat.
3. Heat the vegetable oil in a large skillet over medium heat, and brown the steaks well on both sides, about 5 minutes per side. Layer the steaks in a slow cooker with the green bell pepper and onion strips and carrot.
4. Mix together the diced tomatoes with green chiles, sloppy joe sauce, Worcestershire sauce, garlic, and wine, and pour over the steak and vegetables.
5. Cover the slow cooker, set the temperature to Low, and cook until the steaks are tender and the sauce is thickened and well blended, 8 to 10 hours.



## Coriander Salmon

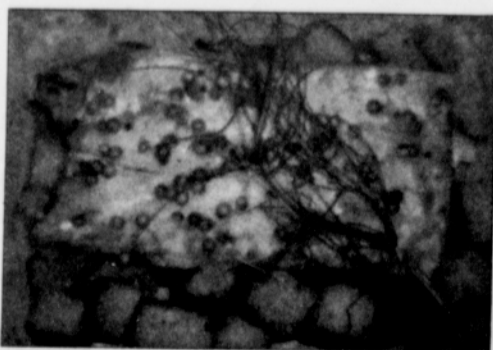
This pleasant salmon is good hot or cold. For a hot meal, I serve it with rice or pierogies. For a cold meal in the summer, I serve it with a salad and some crusty bread.

### Ingredients

- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon ground coriander
- 4 (6 ounce) salmon fillets
- 2 teaspoons olive or canola oil
- 2 garlic cloves, minced
- 2 teaspoons lime juice
- 1/4 teaspoon hot pepper sauce

### Directions

In a small dish, combine the salt, pepper and coriander. Sprinkle over salmon. In a nonstick skillet, cook salmon in oil over medium heat for 4 minutes on each side. Add the garlic, lime juice and hot pepper sauce. Reduce heat; cover and cook 3-4 minutes longer or until fish flakes easily with a fork.



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