

SWISS STEAK WITH TOMATO SOUP

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
339 cal	9 g	37 g	17 g	108 mg	489 mg	17 mg

Ingredient

BEEF,SWISS STEAK,LEAN,RAW,THAWED
 OIL,SALAD
 SOUP,CONDENSED,TOMATO
 WATER
 SALT
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED

Weight

37-1/2 lbs
 1-1/2 lbs
 12-1/2 lbs
 5-3/4 lbs
 1 oz
 1/2 oz
 1/8 oz
 3-1/8 lbs
 2 lbs

Measure

3 cup
 1 gal 1-5/8 qts
 2 qts 3 cup
 1 tbsp
 2 tbsp
 1/4 tsp
 2 qts 1 cup
 1 qts 2 cup

Issue

3-1/2 lbs
 2-3/8 lbs

Method

- 1 Brown steaks on 325 F. well greased griddle.
- 2 Overlap steaks in roasting pans.
- 3 Mix tomato soup with water.
- 4 Add salt, pepper, garlic, onions and sweet peppers to tomato soup. Stir to mix well. Heat to boiling.
- 5 Pour about 6-1/4 quarts sauce over steaks in each pan. Cover.
- 6 Using a convection oven, bake 2 hours at 325 F. on high fan, closed vent or until steaks are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Skim off excess fat. Remove steaks to steam table roasting pans. Place sauce in steam-jacketed kettle or stock pot. Heat to boiling.
- 7 Pour 8-1/2 cups sauce over steaks in each pan. CCP: Hold for service at 140 F. or higher.