

Italian Steak (Slow Cooker)

Mrs Robert D Asher

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 pounds round steak
salt (to taste)
pepper (to taste)
1/2 teaspoon oregano
1 jar (16 ounce) spaghetti
sauce
1 can whole small onions,
drained*

Cut the steak into serving pieces. Sprinkle the steak with salt and pepper to taste and the oregano.

Place the meat in the slow cooker. Pour the spaghetti sauce over the meat.

Cook, covered, on LOW for seven to nine hours.

Increase the heat to HIGH.

Add the onions .

Cook for 15 minutes on HIGH.

Per Serving (excluding unknown items): 2006 Calories; 121g Fat (55.5% calories from fat); 178g Protein; 40g Carbohydrate; 9g Dietary Fiber; 538mg Cholesterol; 1688mg Sodium. Exchanges: 0 Grain(Starch); 24 1/2 Lean Meat; 7 1/2 Vegetable; 9 1/2 Fat.