

Beef

Smothered Swiss Steak

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 8 hours 15 minutes

1 1/2 pounds boneless beef top round steak, trimmed of fat, 1/2 to 3/4-inch thick

1 teaspoon salt

1/4 teaspoon pepper

2 teaspoons vegetable oil

1 medium onion, halved lengthwise and thinly sliced

1 medium (1/3 cup) carrot, shredded

1 can (4 oz) mushroom pieces and stems, drained

1 can (10 3/4 oz) condensed cream of mushroom soup

1 can (8 oz) tomato sauce

Cut the beef into four serving pieces. Sprinkle the pieces with salt and pepper.

In a 10-inch skillet, heat the oil over medium-high heat. Cook the beef in the oil for 4 to 6 minutes, turning once, until well browned.

Spray a 3 to 4 quart slow cooker with cooking spray.

In the slow cooker bowl, mix the onion, carrot and mushrooms. Place the beef over the vegetables.

In the same skillet, mix the soup and tomato sauce. Pour the mixture over the beef.

Cover and cook on LOW for 8 to 10 hours.

Stir the sauce well before serving over the beef.

Per Serving (excluding unknown items): 136 Calories; 8g Fat (52.3% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 1528mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.