

CrockPot Steak (Slow Cooker)

Jan Coffing

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*2 pounds tenderized round
steak
2 tablespoons vegetable
shortening*

Spray a crockpot with cooking spray. Turn on HIGH heat.

Cut the steaks to serving-size pieces. Flour the steaks. Season to taste.

In a skillet, brown the steaks lightly on both sides. Place the browned steaks in the crockpot. Reserve the drippings for gravy.

Make a gravy. Add Kitchen Bouquet. Pour over the meat in the crockpot.

Turn the temperature to LOW heat.

Cook for four to six hours or until tender.

Per Serving (excluding unknown items): 231 Calories; 26g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 5 Fat.