

Savory Steak (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 4

*1 1/2 pounds lean round
steak
1 teaspoon pepper
1 onion, halved and sliced
2 cans (10 ounce ea)
golden mushroom soup
1 1/2 cups hot, thick and
chunky salsa*

Trim the fat from the steak. Cut into serving-size pieces. Sprinkle with pepper. Place the pieces into a sprayed five- to six-quart slow cooker.

Place the onion slices over the steak.

In a bowl, combine the mushroom soup and salsa. Mix well. Spoon over the steak and the onion. Cover.

Cook on LOW for seven to eight hours.



Per Serving (excluding unknown items): 12 Calories; trace Fat (4.1% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.