

Spicy Swiss Steak (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 4

1 1/2 pounds boneless beef round steak
4 ounces spicy bratwurst
2 small onions
2 tablespoons quick-cooking tapioca
1 teaspoon dried thyme salt (to taste)
pepper (to taste)
2 cans (15 ounce ea) Mexican stewed tomatoes

Trim the fat from the steak. Cut into four serving-size [portions].

In a skillet, brown the steak and bratwurst. Drain. Place in a sprayed four- to five-quart slow cooker.

Slice the onions. Separate into rings.

Cover the meat with the onions. Sprinkle with the tapioca, thyme, salt and pepper. Pour the stewed tomatoes over the onions and seasonings. Cover.

Cook on LOW for five to eight hours.

Serve over hot cooked noodles.

Per Serving (excluding unknown items): 22 Calories; trace Fat (4.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.

