

Swiss Steak (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 4

1 to 1-1/2 pounds boneless round steak
1/2 teaspoon seasoned salt
1/2 teaspoon seasoned pepper
8 to 10 medium new potatoes (unpeeled), halved
1 cup baby carrots
1 onion, sliced
1 can (15 ounce) stewed tomatoes
1 jar (12 ounce) beef gravy

Cut the steak into six to eight serving-size pieces. Season with seasoned salt and pepper. Brown in a nonstick skillet.

In a slow cooker, layer the steak pieces, potatoes, carrots and onion.

In a bowl, combine the tomatoes and beef gravy. Spoon over the vegetables. Cover.

Cook on LOW for seven to eight hours.



Per Serving (excluding unknown items): 91 Calories; 2g Fat (20.0% calories from fat); 4g Protein; 15g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 617mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat; 0 Other Carbohydrates.