

Crockpot Salsa Swiss Steak

Ingredients:

2 tsp. oil

1 1/2 lbs. boneless beef top round steak, trimmed of fat, cut into 5 pcs.

1/2 tsp. salt

1/4 tsp. pepper

1 med. onion, halved lengthwise, sliced

1/2 med. green bell pepper, cut into bite-size strips

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

3/4 cup thick and chunky salsa



Heat oil in large skillet over med.-high heat until hot. Sprinkle steak with salt and pepper. Place steak in skillet, cook 4-6 min. or until well browned, turning once. Transfer steak to a 4-6 qt. slow cooker. Top with onion and bell pepper. In same skillet, combine soup and salsa; mix well. Pour over vegetables and steak. Cover; cook on LOW for 8-10 hrs. Remove steak pieces from slow cooker; place on serving platter. Stir sauce well and serve with steak. Makes a gravy too if you would like to serve it over rice or potatoes. I cut the serving size down on the meat to allow for the rice.

Serves 5. Per serving: cal 260, fat 11g, sat fat 3g, chol 70mg, carb 10g, fib 1g, prot 30g

6 points, 7 points plus