

## Main Dish

### Tangy Swiss Steak

Makes 4-6 servings

#### Ingredients

3-4 Tbsp. flour  
1 tsp. salt  
1/4 tsp. pepper  
1&1/2 tsp. dry mustard  
1&1/2-2 lbs. round steak cut into slices about 1/4" thick  
4 Tbsp oil  
1 cup sliced onions  
1 lb. carrots  
14&1/2-oz. can whole tomatoes  
1 Tbsp. brown sugar  
1&1/2 Tbsp. Worcestershire sauce

#### Slow Cooker Instructions

Prep. Time: 20 minutes

Cooking Time: 3-10 hours

Ideal slow-cooker size: 3&1/2 to 4-qt.

1. Combine flour, salt, pepper, and dry mustard in a 1 gallon zip lock bag
2. Slice steak into serving pieces. Place in Ziplock bag with flour mixture and shake.
3. Place oil in a saucepan and heat.
4. Brown the meat on both sides by frying in the pan with the oil.
5. As each slice of meat is browned, layer it on the bottom of slow cooker.
6. Add onions and carrots on top of the meat.
7. Combine tomatoes, brown sugar, and Worcestershire sauce. Pour into slow cooker.
8. Cover. Cook on Low 8-10 hours, or High 3-5 hours.

#### Dutch Oven Instructions

Ready for testing