

Round Steak Casserole

Rating: ★★☆☆

Makes: 8 servings

Ingredients

- 2 pounds round steak (cut 1/2 inch thick)
- 1 teaspoon garlic salt, salt, pepper
- 1 onion (thinly sliced)
- 4 potatoes (peeled and quartered)
- 1 can French-style green beans (drained)
- 1 can tomato soup (10 ounce)
- 1 can tomatoes (peeled and whole)

Directions

1. Season round steak lightly with garlic salt, salt and pepper.
2. Cut into serving pieces and place in crock pot with sliced onion, which has been separated into rings.
3. Add potatoes and green beans.
4. Top with tomato soup and tomatoes.
5. Cover and cook on Low for 8 hours.
6. Remove cover during last half-hour if there is too much liquid.
7. To cook in 2-quart crock pot, reduce ingredients slightly.

Notes

Menu Idea: round steak casserole, canned pears, lowfat

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	5 g	8%
Protein	29 g	
Carbohydrates	19 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	500 mg	21%

milk

University of Wisconsin, Cooperative Extension Service, For Cooking Without Looking, Use a Crock Pot Nutrition Education Program Dunn County UW-Extension