

Round Steak Casserole

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.

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	60 mg
Sodium	500 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	29 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Notes

Menu Idea: round steak casserole, canned pears, lowfat milk

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