

Crockpot Swiss Steak

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-with-carrotts-crock-pot-recipe>

Ingredients:

- 2 1/2 pounds round steaks
- 1/2 cup flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon minced garlic
- 3 tablespoons olive oil
- 1/2 cup beef broth
- 28 ounces petite diced tomatoes
- 2 tablespoons Worcestershire sauce
- 1 onion Diced into Large Chunks
- 1 green bell pepper Diced into Large Chunks

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 165 milligrams
4. Fat: 44 grams
5. Fiber: 4 grams
6. Protein: 53 grams
7. SaturatedFat: 16 grams
8. Sodium: 940 milligrams
9. Sugar: 9 grams

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