

# Crock Pot Swiss Steak

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 cup onions chopped
- 3 ribs chopped celery
- 2 pounds round steak thick
- 1/4 cup flour
- 1 teaspoon salt
- 16 ounces diced tomatoes
- 1/4 cup flour
- 1/2 cup water

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 285 milligrams
4. Fat: 63 grams
5. Fiber: 2 grams
6. Protein: 93 grams
7. SaturatedFat: 24 grams
8. Sodium: 830 milligrams
9. Sugar: 5 grams

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