

# Cube Steaks and Gravy in the Slow Cooker

Yield: 7 min  
Total Time: 30 min

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

## Ingredients:

- 1/2 cup flour
- 2 teaspoons salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground mustard
- 2 pounds cube steak
- 2 tablespoons vegetable oil
- 1 onion sliced
- 1 packet brown gravy mix
- 1 cup water

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 90 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 16 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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