

Slow Cooker Swiss Steak

Yield: 4 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/ww-friendly-swiss-steak-recipe>

Ingredients:

- 6 beef blade steaks medium
- 8 ounces fresh mushrooms thinly sliced
- 1 onion medium, sliced
- 1 tablespoon fresh thyme minced
- 1 1/2 teaspoons sweet paprika
- 3/4 cup chicken stock
- 1/4 cup dry sherry
- 1/4 cup flour
- 4 tablespoons oil
- salt
- pepper
- 2 tablespoons fresh parsley chopped
- 1/2 cup heavy cream

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 50 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 9 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams

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