

Slow Cooker Swiss Steak

Transform a tough steaks into melt in your mouth deliciousness! Makes a great sauce!

Prep Time	Cook Time	Total Time
25 mins	7 hrs	7 hrs 25 mins



Course: Main Course Cuisine: American Keyword: swiss steak
 Servings: 8 Calories: 340kcal Author: Sarah Olson

★★★★★
 5 from 21 votes

Equipment

- Slow Cooker - 4 quart or larger

Ingredients

- 2.5 lbs. round steaks or bottom or top round roast cut into thick steaks (2-4 pounds will work fine in this recipe)
- 1/2 cup flour
- 1 tsp. salt
- 1/4 tsp. black pepper
- 4 Tbsp. cooking oil
- 10.5 oz. Campbell's beef consomme or beef broth
- 29 oz. petite diced tomatoes (two 14.5 oz. cans) do not drain
- 2 Tbsp. Worcestershire sauce
- 1 cup diced onion
- 1 green bell pepper
- 2 garlic cloves minced

Instructions

1. On a large plate add the flour and salt and pepper. Mix this together.
2. Dredge each steak in this mixture on both sides, transfer to another plate. Save any excess flour mixture, you will add this to the slow cooker with the meat later.
3. Set a large skillet to medium high heat. Add enough oil to coat the pan. Brown the steaks on both sides, no need to cook through. You may have to cook the meat in two batches if your pan is too small, add more oil inbetween batches. Add the browned steaks to the slow cooker. Sprinkle over any excess flour from the plate.
4. Deglaze the pan that you browned the meat in with by adding the beef consomme and scrapping up any brown bits. Add to the slow cooker on top of the beef.
5. Add the remaining ingredients, stir.
6. Place the lid on the slow cooker. Cook on LOW for 7 hours or HIGH for 4 hours with out opening the lid during the cooking time.

Notes

Can I use a different cut of meat?

Yes, if you can't find bottom roast or steaks you can use one of these cuts of beef.

- Cube steak
- Chuck roast (leave whole, shred at the end and degrease the sauce by laying paper towels over the sauce and discarding).
- Stew meat

Can I add mushrooms?

Yes! Mushrooms can be added at the beginning of the cooking time, add 1-2 cups.

What to serve with Swiss Steak:

- Over mashed potatoes or steamed rice
- Green salad or steamed veggies on the side
- Garlic bread or dinner rolls

Nutrition

Calories: 340kcal | Carbohydrates: 17g | Protein: 35g | Fat: 14g | Saturated Fat: 3g | Cholesterol: 89mg | Sodium: 689mg | Potassium: 918mg | Fiber: 3g | Sugar: 6g | Vitamin A: 276IU | Vitamin C: 24mg | Calcium: 78mg | Iron: 5mg

Slow Cooker Swiss Steak <https://www.themagicalslowcooker.com/slow-cooker-swiss-steak/>