

# Foster's Body & Paint

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## Swiss Steak Supper

### Ingredients:

- \*1 ½ pounds beef boneless round steak, about ¾ inches thick
- \*1/2 tsp peppered seasoned salt
- \*6 to 8 new potatoes cut into fourths
- \*1 ½ cups baby cut carrots
- \*1 medium onion, sliced
- \*1 can diced tomatoes with basil, garlic and oregano, undrained
- \* 1 jar home style beef gravy
- \*Chopped parsley, if desired



### Preparations:

- 1.) Remove excess fat from beef. Cut beef into 6 serving pieces. Spray 12 inch skillet with cooking spray; heat over medium-high heat. Sprinkle beef with seasoned salt. Cook beef in skillet about 8 minutes, turning once, until brown.
- 2.) Layer potatoes, carrots, beef and onion in 3 ½ to 6 quart slow cooker. Mix tomatoes and gravy; spoon over beef and vegetables.
- 3.) Cover and cook on low heat setting 7 to 9 hours or until beef and vegetables are tender. Sprinkle with parsley.

