

# Swiss Steak



1 ½ pounds round steak  $\frac{3}{4}$  – inch thick \*

1 medium onion, sliced \*

2 Tbs. flour

1 carrot, chopped \*

$\frac{1}{2}$  ts salt \*

1 small stalk celery, chopped \*

$\frac{1}{4}$  ts pepper \*

1 15ounce can tomato sauce \*

Cut round steak into serving pieces. Season flour with salt and pepper.

Dredge meat in seasoned flour. Put onions in bottom of crock pot; add meat.

Top with carrots and celery and cover with tomato sauce. Cover, cook on low 8 o 10 hours ( High 3 to 5 Hours). 6 servings.