

Swiss Steak

2 lb Cube Steak – Cut in serving size pieces
15 oz can Tomato Sauce
1 large Bell Pepper – Sliced
1 Can Diced Tomatoes (with Basil & Oregano)
1 large Onion – Sliced
Flour
Salt & Pepper
Garlic Salt

Mix flour with salt and pepper to taste.
Lightly flour meat and brown both sides
in small amount of oil.

Put small amount of tomato sauce on bottom of crock-pot.
Then layer in crock-pot as follows:

- Pieces of browned meat
- Sprinkle with garlic salt
- Salt & Pepper to taste
- Onion & Pepper
- Diced tomatoes
- Remaining tomato sauce

Cover and cook on high for 4 hours
May serve over rice, buttered noodles or couscous