



## Slow Cooker Sloppy Swiss Steak

 Dairy Free

READY IN



520 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef round steak boneless cut into 6-ounce pieces
- 10 ounce canned tomatoes diced with green chile peppers (such as ro\*tel®), undrained canned
- 1 large carrots chopped
- 0.7 cup flour all-purpose
- 2 cloves garlic minced
- 1 large bell pepper green cut into strips
- 15 ounce sloppy joe sauce manwich® canned (such as )
- 1 large onion cut into strips

- 0.5 teaspoon paprika to taste
- 0.5 cup red wine
- 0.5 teaspoon lawry's seasoned salt to taste (such as LAWRY'S®)
- 2 tablespoons vegetable oil or as needed
- 1 tablespoon worcestershire sauce

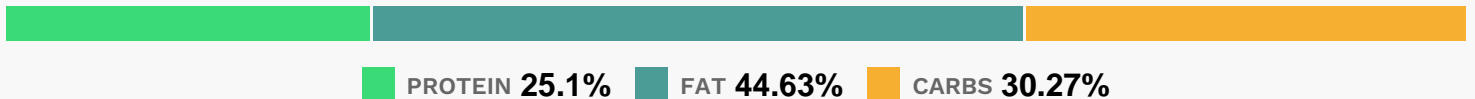
## Equipment

- frying pan
- slow cooker
- meat tenderizer

## Directions

- Sprinkle both sides of the steak pieces with seasoned salt and paprika.
- Place the flour in a shallow dish, and thoroughly dredge both sides of the meat with the flour. Pound the meat on both sides with the tenderizing side of a meat mallet, pounding some of the flour into the meat.
- Heat the vegetable oil in a large skillet over medium heat, and brown the steaks well on both sides, about 5 minutes per side.
- Layer the steaks in a slow cooker with the green bell pepper and onion strips and carrot.
- Mix together the diced tomatoes with green chiles, sloppy joe sauce, Worcestershire sauce, garlic, and wine, and pour over the steak and vegetables.
- Cover the slow cooker, set the temperature to Low, and cook until the steaks are tender and the sauce is thickened and well blended, 8 to 10 hours.

## Nutrition Facts



## Properties

Glycemic Index:36.47, Glycemic Load:8.82, Inflammation Score:-9, Nutrition Score:21.971304183421%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 545.87kcal (27.29%), Fat: 26.25g (40.38%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 36.81g (13.38%), Sugar: 20.7g (23%), Cholesterol: 92.23mg (30.74%), Sodium: 1328.53mg (57.76%), Alcohol: 2.12g (100%), Alcohol %: 0.71% (100%), Protein: 33.22g (66.43%), Selenium: 41.94µg (59.92%), Zinc: 8.01mg (53.42%), Vitamin A: 2213.85IU (44.28%), Vitamin B3: 8.59mg (42.95%), Vitamin B12: 2.51µg (41.83%), Vitamin C: 30.89mg (37.44%), Vitamin B6: 0.74mg (37.23%), Vitamin B2: 0.46mg (27.32%), Phosphorus: 257.99mg (25.8%), Iron: 3.72mg (20.69%), Vitamin B1: 0.28mg (18.84%), Potassium: 598.72mg (17.11%), Vitamin K: 14.61µg (13.92%), Fiber: 3.24g (12.96%), Magnesium: 44.8mg (11.2%), Manganese: 0.22mg (11.19%), Folate: 40.25µg (10.06%), Copper: 0.18mg (9.17%), Vitamin E: 0.62mg (4.11%), Calcium: 32.05mg (3.21%), Vitamin B5: 0.17mg (1.68%), Vitamin D: 0.15µg (1.01%)