

CROCK-POT MUSHROOM ROUND STEAK

Source: Quick Cooking March/April 2002 (Linda Krivanek)

Prep/Cooking Time: 8+ hours

INGREDIENTS:

1/2 C all-purpose flour, 1 tsp salt
1/4 tsp pepper, 2 TBS vegetable oil
2 - 2 1/2 lbs boneless beef round steak (1/2" thick), cut in serving-size pieces
1 can (10 1/2 oz) condensed French onion soup, undiluted
1 can (8 oz) mushroom stems & pieces, drained 3/4 C water
1/4 C catsup, 2 TBS cornstarch
1 TBS Worcestershire sauce, 1/4 C cold water
1 C (8 oz) sour cream

DIRECTIONS:

In large re-sealable plastic bag, combine flour, salt & pepper. Add beef, a few pieces at a time - shake to coat. In large skillet, brown beef in oil in batches - transfer to crock-pot with slotted spoon. In bowl, combine soup, mushrooms, water, catsup & Worcestershire sauce - pour over meat. Cover/cook on low 8 hours or till meat is tender.

Remove beef with slotted spoon - keep warm. Transfer cooking liquid to saucepan - combine cornstarch & cold water till smooth - gradually stir into cooking liquid & bring to boil - cook/stir 1-2 minutes or till thickened. Stir small amount of hot liquid into sour cream - return all to pan - cook on low till heated through. Serve over meat.

Serves: 6