



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
meadowmaidfoods.com/recipes (307) 534-2289

Slow Cooked Round Steak

Swiss steak meets the Orient in this wonderful crock-pot recipe. No crock pot? See note, below. Serve over brown rice, noodles, or spaghetti squash.

Preparation time: ½ hour. Cooking time: 8-10 hours. Serves 4-6.

Ingredients

1.5 pounds round steak (or sirloin tip steak)
3 Tbsp. flour, optional
Butter, to brown meat
1 medium onion, sliced
5-6 medium tomatoes, chopped (or 16 oz. can chopped tomatoes)
5-7 cloves garlic
¼ tsp. ground ginger
¼ cup rice wine
2 Tbsp. tamari or soy sauce
Up to 1 cup water, if needed
Optional: 1 cup dried mushrooms, soaked in 1 cup warm water for 10 minutes

Directions

Cut meat into 4-6 serving-sized pieces, no more than ¾ inch thick, cutting across the grain. Pound pieces of meat with the back side of a heavy knife to tenderize. Coat pieces of beef with flour, if desired. In a 10-inch heavy skillet, brown meat (floured or not floured) on both sides in butter. Remove meat to slow cooker (crock pot).

Add sliced onion to skillet, and cook until caramelized. Sprinkle remaining flour over onions, and stir. Add remaining ingredients. Cook and stir until thickened and bubbly. Pour vegetables over meat in cooker.

Cover and cook on low-heat setting for 8-10 hours. Serve over brown rice, noodles, or spaghetti squash, accompanied by steamed or sautéed vegetables.

No crock pot? Transfer meat and other ingredients to a Dutch oven or heavy oven pan. Cover tightly, and simmer slowly in the oven at 250° for three hours, until meat is tender.