CROCKPOT SWISS STEAK

(Standard and Maintenance Plans)

This crockpot recipe is great for turning less expensive cuts of beef into tender, delicious meat that you can cut with your fork. It is very simple to make and takes no time to put together, while providing very tasty leftovers. Most Swiss steak recipes pan brown the meat first, but you can skip that step and still have great flavor. One serving of this recipe is 3 ounces of meat (or follow your individual recommendations), along with a generous spoonful of sauce, which you can count as a quarter cup of cooked vegetable.

INGREDIENTS

2-1/2 lbs. Top or bottom round, cubed steak, stew meat or even chuck roast
Pink Himalayan salt and ground black pepper, to taste
1 Tbsp minced garlic
14.5 oz can of petite diced tomatoes
1 large onion, medium diced
1 green pepper, medium diced
2 Tbsp Worcestershire Sauce (for maintenance or use the Genesis Recipe)

1/4 cup beef broth (see instructions)
Optional: may use 1/4-1/2 tsp. xanthan gum, if needed, to thicken

INSTRUCTIONS
Generously salt and pepper the meat, then add it to the crockpot. Add in all the other ingredients, distributing them evenly.

I have found that the beef broth isn't always necessary, depending on the meat used. The meat itself creates plenty of liquid with the other ingredients. However, if you do use it and have too thin of liquid after cooking, just lightly sprinkle 1/4-1/2 tsp. xanthan gum on the sauce, and it will thicken nicely. It is a great thickener for many sauces, and a little goes a long way.

Cover the ingredients and cook on low for 6 to 8 hours or on high for 3 to 4 hours until the meat is tender. Serve alone or over mashed cauliflower or cauliflower rice.