

# Apple Mushroom Slow Cooker Swiss Steak

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## Servings: 6

*1 cup apple butter  
1 can (10.75 ounce)  
condensed cream of  
mushroom soup  
1 can (8 ounce) tomato  
sauce  
2 tablespoons  
Worcestershire sauce  
1 teaspoon salt  
1/4 teaspoon pepper  
1 cup onions, chopped  
2 pounds boneless beef  
round steak, cut into serving-  
size pieces  
1 container (8 ounce) button  
mushrooms, sliced*

## Preparation Time: 15 minutes

## Cook Time: 10 hours

In a large bowl, mix the apple butter, mushroom soup, tomato sauce, Worcestershire sauce, salt and pepper.

Place the onions in the bottom of a 3-1/2- to 4-quart slow cooker. Layer on top with half of the steak pieces and then half of the mushrooms. Pour half of the apple butter mixture over the top.

Repeat the layers; steak, mushrooms and apple butter sauce.

Cook on LOW heat for eight to ten hours or until the meat is fork tender.

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Per Serving (excluding unknown items): 180 Calories; 4g Fat (19.1% calories from fat); 2g Protein; 36g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 1064mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fat; 2 Other Carbohydrates.