

# Round Steak with Gravy (Slow Cooker)

*Mrs Charles F Hartman*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*2 to 2-1/2 pound round  
steak  
1 package dry onion soup  
mix  
1/4 cup hot water  
1 can cream of mushroom  
soup*

Cut the steak into five or six pieces. Place in the slow cooker.

Add the soup mix, hot water and mushroom soup.

Cover and cook on LOW for six to eight hours.

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Per Serving (excluding unknown items): 531 Calories; 34g Fat (59.8% calories from fat); 43g Protein; 9g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 1139mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 3 1/2 Fat.