

Swiss Steak

Submitted By: Helen Smith

Time: 7 to 8 hours

Instructions

1. Place roast, diced tomato, tomato sauce, and rotel in a crock pot.
2. Let cook on 7 hours on low
3. Cook long grain rice as directed
4. Heat up green beans, or steam fresh green beans to pair with it

Notes:

We like to put a spoon full of rice down on the plate, cut up meat and put on top of rice, then pour tomato sauce over top of the rice and meat.

Ingredients

- 1 lean roast
- 1 can of diced tomato's
- 1 can of tomato sauce
- Rotel tomato if you want spice
- Long grain rice
- Green Beans