



This is so quick & easy!

My Mom used to make this.

*I can put it in a Crock Pot in the morning
before the Kids Saturday Sports Games and
when we get home it's ready to eat.*

Round or Flank Steak, Rinsed

Optional

Coat meat in flour and quickly brown both sides in hot skillet with olive oil.

2 Cans Stewed Tomatoes (Italian Style is good if you can find it)

2 C. Beef Broth (or 2 C. water with 2 Beef Bouillon Cubes)

2 C. Red New Potatoes, washed & cut into bite size cubes; you can use peeled Russet potatoes

$\frac{1}{2}$ C. Sliced Onion

1 C. Button Mushrooms

Salt & Pepper to Taste

Combine all ingredients.

In Crock Pot

Cook on low 6hrs or until meat falls apart

In Oven

Cook at 300 degrees for 2 1/2hrs or until meat falls apart.

I just use a covered skillet in the oven.

