

# Steak Crock Pot

*365 Minutes to Prepare and Cook*

## Ingredients

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1 Carrot  
1 onion  
1 leek  
beef stock or bouillon cube  
1 table spoon of flour  
Large piece of Steak.  
Can of tomatoes (Flavored ones are good)

## Directions

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Cut up the carrot, leek and onion into around 2cm large pieces,  
Cut the steak into large bits 3-4cms  
Put the steak and veggies into a crock pot\ slow cooker,  
Add can of tomatoes,  
Dissolve stock and flour in 2 cups of water and pour over the top.  
Cook on slow for 8 hours

Number of Servings: 2

Nutritional Info  
Servings Per Recipe: 2

- Amount Per Serving
- Calories: 240.7
- Total Fat: 4.6 g
- Cholesterol: 28.0 mg
- Sodium: 1,010.6 mg
- Total Carbs: 33.4 g
- Dietary Fiber: 2.9 g
- Protein: 15.9 g