

Crock Pot Italian Swiss Steak

Yield: 6 min
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-chuck-roast>

Ingredients:

- 4 pounds chuck roast
- 14 1/2 ounces fire roasted diced tomatoes cans of Hunts
- 1 small onion roughly diced
- 2 tablespoons Hunts Tomato Paste
- 2 teaspoons chopped garlic
- 1 teaspoon salt optional
- 1 teaspoon pepper
- 1 cup green peppers or diced red, optional
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 1/2 cups grated mozzarella cheese
- 1/2 pound cooked penne pasta

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 220 milligrams
4. Fat: 61 grams
5. Fiber: 3 grams
6. Protein: 70 grams
7. SaturatedFat: 25 grams
8. Sodium: 890 milligrams
9. Sugar: 3 grams

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