

## **Crock Pot Swiss Steak**

1 bottle tomato puree  
1 c. water  
1 large onion, coarsely chopped  
1 green onion, coarsely chopped  
2 cloves garlic, coarsely chopped  
1 T. prepared mustard  
1 t. dry mustard  
½ t. salt  
8 turns freshly ground black pepper  
1-1/2 lb. sirloin steak

Mix tomato puree through pepper in a bowl and combine until well mixed. Pour half of the mixture into the crock pot. Add steak to the crock pot and top with remaining mixture. Cook on low setting for eight hours. Serve chunks of the meat over rice or noodles and top with sauce.