

Sweet and Sour Slow Cooker Flank Steak



Ratings (314)

POINTSPLUS® Value: 9

Servings: 8

Preparation Time: 15 min

Cooking Time: 240 min

This recipe is an effortless way to have a traditional meal ready after Rosh Hashanah services. Leftovers make juicy steak sandwiches.

Ingredients

2 clove(s) (medium) garlic clove(s), minced

9 oz frozen chopped onions, about 2 1/2 cups

16 oz canned mushrooms, sliced, well-drained*

24 oz chili sauce

1/2 cup(s) fat-free beef broth

2 Tbsp canned tomato paste

1/4 cup(s) red wine, dry-variety

1 tsp table salt

1 tsp paprika

1/4 tsp black pepper

1 Tbsp balsamic vinegar

1 Tbsp unpacked brown sugar

3 pound(s) uncooked lean flank steak, cut into six equal pieces

2 clove(s) (medium) garlic clove(s), minced

9 oz frozen chopped onions, about 2 1/2 cups

16 oz canned mushrooms, sliced, well-drained*

24 oz chili sauce

1/2 cup(s) fat-free beef broth

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1 tsp table salt

1 tsp paprika

1/4 tsp black pepper

1 Tbsp balsamic vinegar

1 Tbsp unpacked brown sugar

3 pound(s) uncooked lean flank steak, cut into six equal pieces

Instructions

In a large bowl, stir together all ingredients, except steak. Place steak in a 5-quart slow cooker and pour garlic mixture over top; stir briefly so steak pieces aren't pressed firmly together.

Cover slow cooker and cook on high heat for 4 hours. Remove steak from slow cooker and let sit for 2 minutes; slice steak on the diagonal against the grain. Arrange steak on a platter and spoon vegetables and gravy on top. Yields about 1 1/2 cups of meat, vegetables and gravy per serving.

Notes

*Feel free to substitute 3 cups of frozen chopped mushrooms for the canned mushrooms if you prefer.

This recipe is excellent served with roasted fingerling potatoes. Precook them and then just reheat before serving.

