

Slow Cooker Steak Italiano - [from Kelly McNelis and New Leaf Wellness](#)

2 lbs boneless top sirloin steak, cubed
28 oz can crushed tomatoes
Two 3 oz baby spinach
1 small onion, diced (or 1 tsp onion powder)
1 Tbsp Italian seasoning
1 tsp basil
1 tsp garlic powder
1 tsp salt
1/2 tsp pepper
1/4 - 1/2 tsp red pepper flakes

Add all ingredients to a gallon-sized freezer bag and freeze up to three months. Thaw enough to break apart and cook in slow cooker for 6- 8 hours on low or until steak is tender.

Kelly says she also has cooked this in her Insta-Pot or pressure cooker by cooking on high for 25 minutes and then doing a natural release.

I cooked mine in a slow cooker or crock-pot all day. I was at work so I know it cooked at least 8 hours. You could barely tell the dish had spinach in it. It had a great flavor! Serve over egg noodles, zoodles, rice or cauliflower rice.

Susan

You Go Girl!

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