

## **Smothered steaks**

Ingredients:

2-3 lbs cubed steak (or enough pieces for your family)

2 cans cream of chicken or mushroom soup

2 6 oz cans of tomato paste

2 15 oz cans of tomato sauce

salt & pepper

1 teaspoon oregano

3/4 cup water

Directions: Place all ingredients into freezer safe gallon size bag. Squish around so that the ingredients are distributed evenly. Cook on low for 7-8 hours or high for 3-4 hours.