

Slow Roasted Italian-styled London Broil

2 Lbs. Flank steak (also known as London Broil)
(I buy the package at Sam's Club that has 2 Flank steaks in it.)
2 (14 oz) cans of diced tomatoes with chilies
1 1/2 tablespoons Italian seasoning
1/2 teaspoon garlic salt.
1 medium onion, sliced
1 can Black Beans (drained and rinsed)

Pound the steak with side of plate or meat mallet to tenderize it.
Stir the tomatoes, Italian seasonings, and garlic salt in a slow cooker until well mixed.

Submerge one piece of flank Steak into the tomato mixture.

Pour can of beans on top of the submerged flank steak.

Place the second flank steak on top of the beans.

(I use meat twine to tie the meat and bean layers at both ends-
making it easier to remove from the slow cooker)

Place the sliced onion on top of meat.

Cover and cook on low for 6 to 7 hours,
or on high for 3 hours.

Cut into serving-sized slices.

Serve with the extra tomato sauce over top.

(or I have served the meat and gravy on top of rice.)