



## ***Carne Con Salsa***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

1 pound flank steak, score meat with sharp knife in criss cross pattern on both sides

1 jar of your favorite salsa

Whole grain tortillas

Optional toppings: guacamole, shredded cheese, plain Greek yogurt or light sour cream

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### ***Directions***

Prepare slow cooker bowl with cooking spray if not non-stick surface. Place steak in the slow cooker. Pour entire jar of salsa on top of meat. (You may want to add a little water if the salsa has a thick consistency). Cook on low for 7-8 hours.

Serve with soft tortillas and your favorite toppings. Enjoy!