



**Barbara's Picks!**

Kitchen-tested by Morden's  
own Barbara Dixon

Morden's Organic Farm Store

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### **Crockpot Flank Steak**

1 lb to 1 ½ flank steak  
¼ cup white wine  
1 tbsp soy sauce  
1 garlic clove, minced  
1 (10 ½ oz) can beef broth  
1 tsp prepared mustard  
1 tbsp ketchup  
1 tbsp instant mixed onion  
2 tbsp corn starch  
2 tbsp water  
¼ lb fresh mushrooms, sliced

Place flank steak in crockpot.

Combine wine, soy sauce, garlic, broth, ketchup, mustard and onion; pour over steak.

Cover and cook on low for 6 to 8 hours.

Dissolve corn starch in water; stir into pot.

Add mushrooms.

Turn control to high; cover and cook on high for 20 – 30 minutes or until the mushrooms are done

Makes 4 to 5 servings

***Enjoy!***