Slow Cooker Stuffed Meat Rolls

1 tbsp crushed garlic  
1 teaspoon Mrs. Dash Garlic and Herb Seasoning (optional)  
¼ cup sliced mushrooms chopped  
4 slices Black Forest Ham chopped  
1 cup herb dressing  
½ cup frozen spinach thawed (fresh chopped spinach may be substituted)  
¼ cup French fried onions crushed  
¼ cup broth (or water)  
1 egg  
salt and pepper to taste  
6 thin sliced pieces of top round sirloin (can be substituted with thin sliced chicken breast or pork tenderloin)  
1 can Cream of Mushroom Soup  
1/4 can of water

 Directions

1.Preheat crock-pot on high.  
2.Mix together all ingredients minus meat and soup.  
3.Tenderize meat with meat mallet.  
4.Divide mixture into 6 portions.  
5.Roll portions with flattened meat place in crock-pot  
6.Mix ¼ can of water with the soup and pour over meat  
7.Cook on high 4 hours.