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.