

# **Chinese Orange Beef**

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**Servings: 5**

**Preparation Time: 10 minutes**

**Start to Finish Time: 8 hours**

**1 slow cooker liner**

**2 pounds beef stew meat, cubed**

**1/2 cup teriyaki sauce**

**1/2 cup orange marmalade**

**1 teaspoon minced garlic**

**1 teaspoon fresh ginger, minced**

**1 red pepper, cut into 1/2-inch-thick strips**

**6 ounces snow peas, strings removed**

**4 scallions, thinly sliced**

Line a 3-quart or larger slow cooker with the liner.

Add the beef, teriyaki sauce, marmalade, garlic and ginger to the slow cooker.

Cover and cook on LOW for 8 to 10 hours until the beef is tender.

Turn slow cooker to HIGH.

Stir in the pepper strips and snow peas. Cover and cook for 10 minutes until the vegetables are crisp-tender.

Top with the scallions.

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Per Serving (excluding unknown items): 435 Calories; 16g Fat (32.9% calories from fat); 41g Protein; 31g Carbohydrate; 3g Dietary Fiber; 100mg Cholesterol; 1233mg Sodium. Exchanges: 5 1/2 Lean Meat; 2 Vegetable; 1 1/2 Other Carbohydrates.