

Pepper Steak (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 4

1 1/2 pounds round steak
1/4 cup soy sauce
1 onion, sliced
1 teaspoon minced garlic
1 teaspoon sugar
1/4 teaspoon ground ginger
1 can (15 ounce) stewed tomatoes
2 green bell peppers, cored, seeded and julienned
1 teaspoon beef bouillon granules
1 tablespoon cornstarch

Slice the beef into strips. Brown the strips in a skillet with a little oil. Place the strips into a slow cooker.

In a bowl, combine the soy sauce, onion, garlic, sugar and ginger. Pour over the beef. Cover.

Cook over LOW heat for five to six hours.

Add the tomatoes, green peppers and bouillon granules.

Cook for one hour more.

In a bowl, combine the cornstarch with one-quarter cup of water. Stir into the cooker. Continue cooking until the liquid thickens.

Serve over hot, buttered noodles or rice.

Per Serving (excluding unknown items): 393 Calories; 21g Fat (48.1% calories from fat); 35g Protein; 15g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 1217mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

