

Slow-Cooked Pepper Steak

A flavorful beef steak with bell peppers, prepared in a slow cooker

Yield:

6-8 servings

Ingredients:

2 pounds inexpensive beef steak
2 tablespoons oil
1/4 cup soy sauce
1 large onion, chopped
1 clove garlic, minced
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground ginger
4 large tomatoes, washed and coarsely chopped
2 large bell peppers (any color), cut into thin strips
1/2 cup cold water
1 tablespoon cornstarch
Hot cooked rice, for serving

Instructions:

1. Trim fat from meat and cut into thin strips. Brown meat in oil in skillet. Transfer to a slow cooker.
2. Combine soy sauce, onion, garlic, sugar, salt, pepper, and ginger. Pour over beef. Cover and cook on low for 5-6 hours, or until the meat is tender.
3. Add tomatoes and green peppers, stirring into beef mixture. Continue cooking on low for another 60-90 minutes, until peppers are to desired tenderness.

4. Combine the cold water and cornstarch in a small bowl, until smooth; stir into slow cooker and cook on high until thickened.

5. Serve over hot cooked rice.



This recipe is from Tammy's Recipes.