



Crockpot Pepper Steak

Description

Have you been searching for a flavor packed recipe that you can throw together in your crock pot? One that is simple to make, is healthy to eat and one that everyone loves? I found that recipe and I am here to share it with you! My husband absolutely loves **Pepper Steak**. That is what he will order every-time we go out to eat Chinese food. He has since stated that he will have to find something new. He loves this recipe even more than the restaurants!

Ingredients

- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 white onion, sliced
- 1 can diced tomatoes
- 2 pounds of sirloin steak, cut into strips
- 2 tsp garlic, minced
- 2 tbsp Olive Oil
- 1 cup hot water
- 1 cube beef bouillon
- 3 tbsp Soy Sauce
- 1 tbsp Cornstarch
- 1 tbsp brown sugar
- 2 tsp Worcestershire Sauce
- Salt and pepper to taste

Instructions

FIRST STEP:

Heat the Olive oil in a skillet

Add the steak to the skillet and saute until it is browned on each side

SECOND STEP:

Dissolve the bouillon in the hot water and pour it into the crockpot

Whisk the cornstarch into the bouillon and water

THIRD STEP:

Add the Worcestershire, Soy Sauce and brown sugar to the crockpot

Add the diced tomatoes, salt and pepper

FOURTH STEP:

Stir in the beef and the onions

Cook on low for 6 to 7 hours, or on high for 3 hours

FIFTH STEP:

Add the sliced peppers and cook for an additional hour

Garnish with thinly sliced green onion

Serve with a side of rice and a dinner salad

Enjoy!

Nutrition Information:

Serving Size

Amount Per Serving: Calories: 80Total Fat: 12gSaturated Fat: 6gTrans Fat: 6gCholesterol: 120mgSodium: 18mgCarbohydrates: 80gSugar: 14gProtein: 8g

Category

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