



Taste of Home

Slow-Cooker Pepper Steak

TOTAL TIME: Prep: 30 min. Cook: 6-1/4 hours

YIELD: 12 servings.

Pepper steak is one of my favorite dishes, but sometimes the beef can be tough. This recipe solves that problem! The slow cooker keeps things simple and makes the meat very tender. I've stored leftovers in one big resealable bag and also in individual portions for quick lunches. —Julie Rhine, Zelienople, Pennsylvania

Ingredients

- 1 beef top round roast (3 pounds)
- 1 large onion, halved and sliced
- 1 large green pepper, cut into 1/2-inch strips
- 1 large sweet red pepper, cut into 1/2-inch strips
- 1 cup water
- 4 garlic cloves, minced
- 1/3 cup cornstarch
- 1/2 cup reduced-sodium soy sauce
- 2 teaspoons sugar
- 2 teaspoons ground ginger
- 8 cups hot cooked brown rice

Directions

1. Place roast, onion and peppers in a 5-qt. slow cooker. Add water and garlic. Cook, covered, on low until meat is tender, 6-8 hours.
2. Remove beef to a cutting board. Transfer vegetables and cooking juices to a large saucepan. Bring to a boil. In a small bowl, mix cornstarch, soy sauce, sugar and ginger until smooth; stir into vegetable mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes.
3. Cut beef into slices. Stir gently into sauce; heat through. Serve with rice.

Nutrition Facts

1 serving: 322 calories, 5g fat (1g saturated fat), 64mg cholesterol, 444mg sodium, 38g carbohydrate (3g sugars, 3g fiber), 30g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

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