

Chinese Pepper Steak (Slow Cooker)

Jane Hall

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 4

*1 1/2 pounds round steak
2 tablespoons salt
1 clove garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup soy sauce
1 teaspoon sugar
1 cup bean sprouts
1 cup canned tomatoes, cut
1" thick
2 green peppers, cut in
strips
1 tablespoon cornstarch
2 tablespoons cold water
4 green onions, sliced*

Slice the steak into narrow strips. In a skillet, brown the steak in oil.

In a bowl, combine the steak with the garlic, salt, pepper, soy sauce and sugar. Place the mixture into a slow cooker. Cover.

Cook on LOW for six to eight hours.

Add the bean sprouts, tomatoes and green pepper. Dissolve the cornstarch in water. Stir into the pot. Recover.

Cook on HIGH for 15 to 20 minutes or until thickened.

Sprinkle with the onions. Serve.

Per Serving (excluding unknown items): 388 Calories; 21g Fat (48.5% calories from fat); 36g Protein; 14g Carbohydrate; 3g Dietary Fiber; 101mg Cholesterol; 4673mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.