

## Main Dish

### Slow-Cooked Pepper Steak

Makes 6-8 servings

Prep. Time: 15 minutes

#### Ingredients

1&1/2-2 lbs. beef round steak, cut in 3-inch by 1-inch strips

2 Tbsp. oil

1/4 cup soy sauce

1 garlic clove, minced

1 cup chopped onions

1 tsp. sugar

1/2 tsp. salt

1/4 tsp. pepper

1/4 tsp. ground ginger

2 large green peppers, cut in strips

4 tomatoes cut into eighths, or 16-oz. can diced tomatoes

1/2 cup water

1 Tbsp. cornstarch

#### Slow Cooker Instructions

Cooking Time: 6& ¼ to 7&1/4 hours

Ideal slow-cooker size: 4-qt.

1. Brown beef in oil in saucepan. Transfer to slow cooker.
2. Combine soy sauce, garlic, onions, sugar, salt, pepper, and ginger. Pour over meat.
3. Cover. Cook on Low 5-6 hours.
4. Add green peppers and tomatoes. Cook 1 hour longer.
5. Combine water and cornstarch to make paste. Stir into slow cooker. Cook on High until thickened, about 10 minutes.

**Serving suggestion:** Serve over rice or noodles.

#### Dutch Oven Instructions

Ready for testing.