

Slow Cooker Pepper Steak

Slow Cooker Pepper Steak has tender steak, bell peppers, onions in a Chinese inspired sauce.

Prep Time

15 mins

Cook Time

5 hrs



4.97 from 63 votes

Course: Main Course Cuisine: American Keyword: Pepper Steak

Servings: 4 Calories: 489kcal Author: Sarah Olson

Equipment

- Slow Cooker Size: 4 quart or larger

Ingredients

- 1 1/2 lbs. beef strips Look for beef cut into strips already or buy top sirloin and cut into 1/2 inch strips
- 1 green bell pepper sliced thick
- 1 red bell pepper sliced thick
- 1 white onion sliced

For the sauce:

- 1/2 cup water
- 2 beef bouillon cubes
- 3 Tbsp. soy sauce
- 1/4 tsp. ground ginger
- 1/4 tsp. garlic powder
- 1/4 tsp. black pepper
- 2 tsp. brown sugar
- 1 Tbsp. cornstarch

Instructions

1. In a small microwavable bowl add the water and the beef bouillon cubes. Place in the microwave for 60 seconds, mix until dissolved. Add to the slow cooker.
2. Add the soy sauce, ginger, garlic powder, pepper, brown sugar and cornstarch. Whisk until smooth.
3. Add the beef, bell peppers and onions into the sauce in the slow cooker.
4. Cover and cook on LOW for 5 hours. Serve over steamed rice, spaghetti noodles, steamed veggies or quinoa.

Notes

Nutritional Values are approximate, if you require special diet please use our own calculations. Values below are for 1/4 of the recipe without rice.

Nutrition

Calories: 489kcal | Carbohydrates: 12g | Protein: 32g | Fat: 34g | Saturated Fat: 13g | Cholesterol: 121mg | Sodium: 1219mg | Potassium: 618mg | Fiber: 2g | Sugar: 5g | Vitamin A: 1040IU | Vitamin C: 62.9mg | Calcium: 37mg | Iron: 3.9mg

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