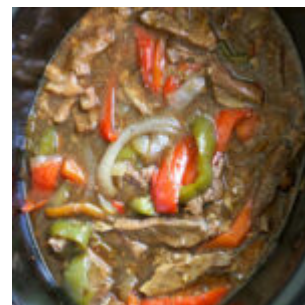


# Slow Cooker Pepper Steak

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

Prep Time  
15 mins

Cook Time  
5 hrs



4.95 from 35 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

Slow Cooker Pepper Steak <https://www.themagicalslowcooker.com/pepper-steak/>