

Slow-Cooked Pepper Steak

(Makes 6-8 servings)

1 ½ -2lbs. beef round steak, cut in 3" x 1" strips
2 Tbsp. extra virgin olive oil
½ cup soy sauce
1 garlic clove, minced
1 cup chopped onions
1 tsp. honey
¼ tsp. pepper
¼ tsp. ground ginger
2 large green peppers, cut in strips
4 tomatoes cut into eights, or 16-oz. can diced tomatoes
½ cup cold water
1 Tbsp. cornstarch

1. Brown beef in oil in saucepan. Transfer to slow cooker.
2. Combine soy sauce, garlic, onions, honey, 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.
6. Serve over rice or noodles.



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