

Slow Cooker Pepper Steak

A meal cooked in the slow cooker is perfect any day of the week but it's particularly convenient on those days when you just don't have the time to spend cooking a flavourful, warm meal from scratch after a long day at work. If you have the time, marinate the meat before browning – it's worth the extra little bit of time.

Ingredients:

2 lbs. beef sirloin, trimmed of excess fat and cut into 2 inch strips

1 Tbsp olive oil

½ c. no salt added beef broth

2 Tbsp soy sauce

1 Tbsp Hoisin Sauce

1 tsp Worcestershire Sauce

½ tsp ground ginger

1 Tbsp brown sugar

Pinch red pepper flakes

1 Tbsp cornstarch

1 medium onion, cut in thin strips

1 red pepper, julienned or cut into thin strips

1 green pepper, julienned or cut into thin strips

1 and ½ c. sliced mini Portabello mushrooms

1 x 14.5 oz. can no salt added diced tomatoes

For marinade:

½ c. soy sauce

1 Tbsp rice wine vinegar

1 Tbsp Hoisin sauce

1 clove garlic, minced

½ tsp ground ginger

½ Tbsp brown sugar

Make Ahead: Beef can be cut into strips and marinated for one hour up to overnight before browning for extra flavour and time savings.

Slice beef into 2 inch strips. Place in an airtight container. Whisk together marinade ingredients: soy sauce, rice wine vinegar, Hoisin sauce, soy sauce, garlic, ginger and brown sugar. Pour over sirloin strips, cover with airtight lid and refrigerate for one hour up to overnight.

Heat olive oil in large non-stick skillet over medium heat. When really hot, add sirloin strips. Be careful not to overcrowd the pan. I usually cook only 1/3 at a time. The goal here is to brown the meat, not steam it!

Place browned sirloin strips into bottom of slow cooker. Add mushrooms and onions to same skillet sirloin strips were browned in and saute quickly, only about a minute or so, just so that the mushrooms and onions can absorb all the yummy brown bits that were left behind by the sirloin strips. Transfer mushrooms and onions to slow cooker with sirloin strips.

Add julienned red and green peppers. In a large measuring cup, whisk together ½ cup no salt added beef broth, 2 Tbsp soy sauce, 1 Tbsp Hoisin sauce, 1 tsp Worcestershire sauce, ½ tsp ground ginger, pinch red pepper flakes and 1 Tbsp brown sugar. Whisk in 1 Tbsp cornstarch and stir until dissolved – pour over sirloin strips and vegetables in slow cooker.

Add one, 14.5 oz. can of no salt added diced tomatoes. (You can also use stewed tomatoes or canned whole tomatoes, roughly chopped). Stir to incorporate, cover and let cook on low for 6-8 hours or high for 3-4 hours.

Serve over rice or egg noodles – enjoy!

Kim's Cookology