

So-Easy Pepper Steak

Ingredients:

- 2 pounds boneless beef round steak, cut $\frac{3}{4}$ to 1 inch thick
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 (14 ½ oz) can Cajun, Mexican, or Italian-style stewed tomatoes
- 1/3 cup tomato paste with Italian Seasoning
- ½ tsp bottled hot pepper sauce
- 1 (16-oz) package frozen pepper stir fry vegetables (yellow, green, red peppers with onion)

Directions:

1. Trim fat from meat. Cut meat into serving size pieces. Sprinkle with salt and pepper.
2. Place meat in a slow cooker or crock-pot.
3. In a medium bowl, combine un-drained tomatoes, tomato paste, and hot pepper sauce.
4. Pour tomato mixture over meat in cooker.
5. Top with frozen vegetables.
6. Cover and cook on low-heat setting for 10 – 12 hours or on high-heat setting for 5-6 hours.

For Our Program:

Nutrition Information:

Servings = 8

Carbohydrates per serving = 5g