

Kicked Up Crock Pot Pepper Steak

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pepper-steak-crock-pot-recipe>

Ingredients:

- 1 1/2 pounds sirloin steak sliced very thin
- 1/2 green bell peppers each of red, yellow &, sliced into julienne type strips * see photo
- 2 onions medium, sliced in half then made into smaller slices * see photo
- 8 ounces mushrooms sliced
- 3 cloves garlic minced
- garlic powder
- pepper
- 1 teaspoon oil to coat beef
- 1 can turkey gravy or jar, yup i said turkey
- 1 beef bouillon cube
- 1 teaspoon szechuan chili paste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 teaspoon parsley flakes dried
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 cup tomato sauce or spaghetti sauce

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 75 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 970 milligrams

9. Sugar: 7 grams

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