

Crock Pot Pepper Steak: Easy & Tender Beef Dinner

When you're craving a flavorful, fork-tender beef dish that practically cooks itself, this



TIME
5 min

METHOD
Slow cooker

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INGREDIENTS

- 2 pounds beef sirloin, cut into 2-inch strips
- ¾ teaspoon garlic powder, or to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- ... cup hot water
- 1 tablespoon cornstarch
- ½ cup chopped onion (yellow or white)
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt
- Black pepper to taste

Swaps and Notes:

Beef Sirloin: Beef chuck steak cut into strips is an excellent alternative for slow cooking, as it becomes incredibly tender. Flank steak can also be used.

Garlic Powder: Adds a subtle garlic flavor. You can also add 2-3 cloves of minced fresh garlic with the onion.

Vegetable Oil: Any neutral high-heat cooking oil (like canola or avocado) works for searing.

Beef Bouillon: This adds concentrated beef flavor. You can use 1 teaspoon of Better Than Bouillon instead.

Cornstarch: This helps thicken the sauce into a glossy, delicious gravy.

Onion & Green Bell Peppers: These are classic for pepper steak. You can use other colored bell peppers for variety and visual appeal.

Stewed Tomatoes: Undrained stewed tomatoes add liquid, tang, and body to the sauce. Diced tomatoes can be used for a slightly less chunky result.

Soy Sauce: Low sodium soy sauce allows you to control the saltiness. Tamari can be used for a gluten-free option.

White Sugar: Balances the savory and tangy notes.

Brown sugar can be used for a deeper caramel flavor.

Seasoning: Adjust salt and pepper to taste, remembering that soy sauce and bouillon are already salty.

DIRECTIONS

1. **Making this :** Crock Pot Pepper Steak is easy, with minimal hands-on time thanks to the slow cooker.
2. **Prepare : Beef:** Lightly sprinkle the beef sirloin strips with $\frac{1}{4}$ teaspoon garlic powder.
3. **Sear : Beef:** Heat 3 tablespoons vegetable oil in a large skillet over medium-high heat. Add the seasoned beef strips to the hot skillet (cook in batches if necessary to avoid overcrowding). Sear the beef until slightly browned, about 5 minutes per side. This step creates delicious "fond" (browned bits) in the pan, which adds incredible flavor to the sauce. Transfer the seared beef to your slow cooker.
4. **Prepare : Slurry:** In a separate small container or bowl, mix the 1 beef bouillon cube with ... cup hot water until it is completely dissolved. Then, mix in the 1 tablespoon cornstarch until that is also dissolved and the mixture is smooth. Pour this slurry directly into the slow cooker with the seared beef strips.
5. **Add : Remaining Ingredients:** Add the $\frac{1}{2}$ cup chopped onion, 2 large roughly chopped green bell peppers, 1 (14.5 ounce) can stewed tomatoes (with liquid), 3 tablespoons soy sauce, 1 teaspoon white sugar, 1 teaspoon salt, and black pepper to taste to the slow cooker. Stir everything gently to combine with the beef and slurry.
6. **Slow : Cook:** Cover the slow cooker with its lid. Cook on the HIGH setting for 3 to 4 hours, or on the LOW setting for 6 to 8 hours. The beef should be incredibly tender and the sauce thickened.
7. **Serve:** Stir the pepper steak gently before serving. Serve hot.

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