

Crock Pot Pepper Steak

Ingredients:

1 1/2 pounds flank steak thinly sliced
1 large onion slices
2 bell peppers any color sliced
2 tablespoons soy sauce
2 tablespoons sesame oil
1 tablespoon brown sugar
3 cloves garlic sliced
rice (optional)

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Directions:

Spray 3 1/2 qt. crock pot with pam. Put everything in the crock, mix well. Cook on low 8-9 hours.
Serve over rice if desired

Makes 4 (1 Cup Servings)

Nutritional Info Per Serving: 269 Calories; 16g Fat; 23g Protein; 7g Carbs; 1g Fiber; 58mg Cholesterol; 424mg Sodium