



Eat Well

Savory Pepper Steak

Directions

Add flour and pepper to a gallon plastic bag and mix. Add in steak strips and toss to coat. Place flour coated steak in bottom of slow cooker. Mix together beef bouillon, Worcestershire sauce, steak seasoning, and steak sauce. Pour over beef. Add cut up fresh vegetables and tomatoes. Cook on low for 8 hours. Serve over brown rice.

Freezer Directions:

Take 2 gallon freezer bags, add $\frac{1}{4}$ cup of flour, and $\frac{1}{2}$ tsp of pepper to each bag. Add half the beef strips to each bag, seal and shake to coat. Divide the rest of the ingredients between each bag. To cook: take out of the freezer the night before and semi thaw in fridge. Cook 8 hours on low in crockpot. Serve over brown rice.

Ingredients

- » $\frac{1}{2}$ cup flour
- » 1 tsp pepper
- » 1 large onion, chopped
- » 4 garlic cloves, minced
- » 1 green pepper, sliced into strips
- » 1 red pepper, sliced into strips
- » 2 tsp beef bouillon
- » 4 tsp Worcestershire sauce
- » 2 Tbsp steak seasoning
- » 2 Tbsp steak sauce
- » 3 lbs of round steak cut into $\frac{1}{2}$ inch strips or stew meat
- » 2 - 14 ounce cans of diced tomatoes, no salt added or 2 large fresh tomatoes

Nutrition information per serving:

Calories 199, Total Fat 5 g,
Sodium 466 mg, Carbohydrates 11g,
Fiber 2g, Protein 28 g

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