



# Noreen's Kitchen

## Crock Pot Pepper Steak

### **Ingredients**

### **Serves 4 to 6**

2 pounds cubed beef steak	1/2 cup brown sugar
4 large green bell peppers, sliced	1/2 cup tomato ketchup
1 large sweet onion, quartered and sliced	1 teaspoon onion powder
8 ounces fresh mushrooms, sliced	1 teaspoon garlic powder
4 cloves garlic, minced	1 teaspoon dried marjoram
2 cups water	2 teaspoon salt
2 tablespoons beef bullion powder	2 teaspoon cracked black pepper
2 cups tomato sauce	1 cup all purpose flour

### **Step by Step Instructions**

Whisk together, water, bullion powder, tomato sauce, brown sugar, ketchup, onion powder, garlic powder, marjoram and 1 teaspoon each, salt and pepper in the bottom of your crock pot sleeve.

Place flour, 1 teaspoon each of salt and pepper in a large zip top bag.

Place each piece of meat into the bag with the flour and coat completely on both sides.

Place the coated meat into the Crock pot with the sauce.

Add bell peppers, onion, mushrooms and garlic to the Crock Pot and stir everything to combine and get the veggies and the meat down into the sauce.

Place cover on the crock and set to high for at least 2 hours, then turn to low or even warm if you find that the meat is tender and the vegetables are cooked through.

Serve with egg noodles, mashed potatoes or rice and a veggie or side salad for a complete meal!

**Enjoy!**