

Featuring Tennessee Gourmet® Products

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**Spiced Pepper Steak**

- 1 1/2 pounds round steak, cut into strips about 1 x 3-inches
- 2 tablespoons cooking oil
- 1 large onion, chopped
- 1/4 cup soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon pepper
- 1/2 cup Tennessee Gourmet® Apple & Spice (your choice of flavor)
- 1 can (14.5 ounces) diced tomatoes with juices
- 2 medium green bell peppers, seeded and cut into strips
- 1/4 cup cold water blended with 1 tablespoon cornstarch

Heat oil in a heavy skillet over medium heat; brown beef strips quickly. Drain beef and place in crock-pot then top with chopped onion.

Combine soy sauce, garlic, pepper, and Apple & Spice; pour over beef. Cover slow cooker; cook on low setting for 6 hours. Add tomatoes and green bell peppers; cook 1 hour longer. Stir cornstarch mixture into the crock-pot; cook on high setting until thickened.