



Slow Cooker Pepper Steak BBQ Beef



Ingredients for the Beef:

- 3 lbs. chuck roast
- 1 TBLS olive oil
- 1 tsp salt and 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 cup beef broth
- 1 cup barbecue sauce
- ¼ cup Worcestershire sauce
- 2 TBLS soy sauce
- 2 TBLS brown sugar
- 1 TBLS apple cider vinegar
- 1 tsp chili powder
- ½ tsp crushed red pepper flakes (optional)

Ingredients for the Pepper Topping:

- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 medium onion, sliced into rings
- 1 TBLS butter
- 1 TBLS brown sugar
- Salt and pepper, to taste

Method:

1. Season the chuck roast with salt, pepper, garlic powder, and smoked paprika. Heat olive oil in a large skillet over medium-high heat and sear the roast until browned on all sides.
2. Add the remaining ingredients for the beef to the cooker and combine thoroughly. Then add the seared roast into the sauce. Cover and cook on low for 8–9 hrs., or high for 5–6 hrs.
3. Remove the roast and shred using forks, then return to the cooker and stir into the sauce. Cook for another 20–30 minutes so the meat absorbs the flavors.
4. Melt butter in a skillet over medium-high heat. Add the sliced peppers and onion and cook for 5–7 minutes until tender-crisp. Sprinkle with brown sugar and cook for another minute, then season with salt and pepper.
5. Serve with cornbread, coleslaw, mashed potatoes, rice, buns, mac and cheese. For a smokier flavor, add 1 tsp of liquid smoke, and a splash of hot sauce for extra heat.