



Sweet-Hot Steak Bites



1/5th of recipe (about 6 "bites" with sauce): 196 calories, 4.5g total fat (1.5g sat. fat), 313mg sodium, 18g carbs, 0.5g fiber, 15g sugars, 19.5g protein

Prep: 10 minutes **Cook:** 3 - 4 hours (high) or 7 - 8 hours (low)



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Ingredients

One 8-oz. can crushed pineapple packed in juice, lightly drained
1/3 cup sweet Asian chili sauce
1/2 tsp. reduced-sodium/lite soy sauce
1/4 tsp. crushed red pepper, or more for seasoning
1 lb. raw lean filet mignon (or leanest cut available), cut into 30 bite-sized pieces
1/8 tsp. salt
1/8 tsp. black pepper
1 cup finely chopped onion

Directions

Place lightly drained pineapple, chili sauce, soy sauce, and crushed red pepper in a slow cooker. Mix well.

Season meat with salt and pepper and add to the slow cooker. Add onion and stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

MAKES 5 SERVINGS

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