Crock_pot - Pepper Steak

1 1/2 - 2 lb. beef round steak
2 tablespoon cooking oil
1/4 cup soy sauce
1 cup chopped onion
1 garlic clove, minced
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground ginger
4 tomatoes, cut into eighths OR 1 can (16 ounces) tomatoes with liquid, cut up
2 large green peppers, cut into strips
1/2 cup cold water
1 tablespoon cornstarch
Cooked noodles or rice

Cut beef into 3-in.x1-in. strips; brown in oil in a skillet. Transfer to a slow cooker. Combine the next seven ingredients; pour over beef. Cover and cook on low for 5-6 hours or until meat is tender.

By Unknown