

FLANK STEAK TERIYAKI

2 lbs. beef flank steak
6 slices canned juice-packed
pineapple, reserve 1/2 cup juice
2 Tbs. soy sauce
1/2 tsp. ground ginger
1 Tbs. dry sherry

2 Tbs. brown sugar
1 tsp. Worcestershire sauce
2 chicken bouillon cubes
1 1/2 cups boiling water
1 cup long-grain converted rice

Roll flank steak, tie and cut into 6 individual steaks. In shallow bowl, stir together pineapple juice, soy sauce, ginger, sherry, sugar and Worcestershire sauce. Marinate steaks about 1 hour in soy mixture at room temperature. Dissolve bouillon cubes in boiling water; combine with rice and 1/2 cup of soy mixture in slow cooker/Crock Pot. Top each steak with a pineapple ring, then place in Crock-Pot. Cover and cook on LOW for 8-10 hours or on HIGH for 3-4 hours. Serves 6.