



## 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)



More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

## 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.