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INGREDIENTS

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1 1.5 Lbs. Sirloin Steak

2 TBSP of olive oil

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2 sliced bell peppers

1 diced sweet onion

JASMINE RICE

1 cup of Jasmine rice

2 cups of vegetable stock

SAUCE

½ cup of Soy sauce with low sodium

¼ cup of brown sugar

2 TBSP of rice vinegar

2 TSP of fresh ginger

1-2 TBSP of pepper flakes

3 mashed garlic cloves

NOTE:

To thicken the sauce, add 1 TBSP of corn starch to 2 TBSP of water and stir.



PEPPER STEAK STIR-FRY

By Caterina Romano's kitchen

DIRECTIONS

1. Place the Sirloin steak in the freezer for 15 minutes. This will make it easier to slice.
2. Slice the beef into thin slices and transfer to a glass bowl.
3. In a large frying pan, heat the oil over medium-high heat. Add the beef slices in batches as to not overcrowd the pan. Sear the beef for 2 minutes on each side. Set the seared beef aside till later.
4. In a medium size pot, heat the vegetable stock to a boil and add the rice. When tender, shut the stove cover and allow the steam to continue cooking the rice.
5. Using the same pan where you seared the beef, heat over medium heat the extra tablespoon of olive oil.
6. Add the peppers and onions and sauté for a few minutes.
7. For the sauce, in a bowl add the soy, sugar, vinegar, garlic, ginger and pepper flakes. Whisk well and set aside.
8. Return the seared beef back to the frying pan along with the sauce and cook together for 2-3 minutes.
9. To thicken the sauce, bring the mixture to a boil and slowly add and stir the diluted corn starch until it reaches the desired thickness.
10. Season to taste with salt and pepper.
11. Serve the Jasmine rice on a plate and top with the beef steak stir fry. Delicious.

ENJOY THE PEPPER STIR-FRY