

Pepper Steak



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Recipe by: Laura Vitale

Prep Time: 10 minutes
Cook Time: 15 minutes

Ingredients

- __ 1 lb Sirloin Steak
- __ 2 Bell Peppers, cut into chunks
- __ 1 Medium Yellow Onion, cut into chunks
- __ 2 Cloves of Garlic, grated or minced
- __ 2 tsp of Grated Fresh Ginger
- __ 1/2 cup of Low Sodium Soy Sauce plus 2
tbsp of water (forgot to mention in the video)
- __ 1/4 cup of Brown Sugar
- __ 1 Tbsp of Mirin
- __ 2 tsp of Rice Vinegar
- __ 2 tsp of Sesame Oil
- __ 2 Tbsp of Neutral Oil
- __ 1 Tbsp of Cornstarch

1) Slice the beef really thin (popping it in the freezer for 15 minutes will help the steak firm up a bit so it makes it easier to slice) add it to a bowl, add one Tbsp of soy (from the total amount above) along with one teaspoon of cornstarch, mix well and set aside.



2) In a large skillet, add a touch of oil, preheat over high heat, then in batches, sear the beef in batches for just a minute or two before removing to a plate and set aside.

3) Add another drizzle of oil then add the peppers and onions, sauté for 2 minutes while making the sauce.

4) In a bowl or measuring cup, add the soy, water, brown sugar, mirin, vinegar, garlic, ginger and cornstarch, whisk well and set aside.

5) After 2 minutes, add the seared beef back in along with the sauce, cook all together about 2 minutes, add a small splash of water if the sauce is a tad thick, then serve with scallions and starch of choice.