

Stove Top Steak and Peppers



PREPARATION TIME
20 minutes



COOKING TIME
40 minutes



PERFECT PARTNER
tortillas



If you shop for the steak the same day you are preparing the dish, look for the “sell by” date on the wrapper. If it is the same day, most stores will discount the price of the meat \$1 or more.

SHOPPING LIST

- bell peppers • soy sauce
- tomatoes • beef broth • steak

ON HAND

- oil • garlic • onion • ginger
- cornstarch • sugar • pepper
- Worcestershire sauce • rice

INGREDIENTS

- 1 1/2 pounds London broil, 1 1/2 inches thick
- 1 green bell pepper
- 1 red bell pepper
- 1/4 cup vegetable oil
- 1 clove garlic, minced
- 2 medium tomatoes, coarsely chopped
- 1 1/4 cups beef broth, divided
- 1 cup chopped onion
- 2 tablespoons cornstarch
- 1 tablespoon Worcestershire sauce
- 6 tablespoons soy sauce
- 1/4 teaspoon ground ginger
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper
- 4 cups hot cooked white rice

SERVES 4

COOKIN'
Express

• The steak will slice evenly and thinly if first chilled in the freezer until firm.

Make Ahead

Cut the meat and vegetables up to 8 hours ahead. Place in separate plastic bags and refrigerate.

♦ VARIATION

For an Italian twist, serve steak and peppers over freshly cooked fettuccine.

1 Cut steak and bell peppers into strips. Heat oil in a large skillet over high heat; add steak. Sauté until browned, about 5 minutes.



2 Add garlic, tomatoes and 1 cup broth to skillet; reduce heat. Simmer, covered, until tender, about 25 minutes; add onion and bell peppers. Cook, covered, for 10 minutes.

3 Mix cornstarch and remaining 1/4 cup broth in a small bowl until smooth. Stir into steak mixture.



4 Add Worcestershire sauce, soy sauce, ginger, sugar and pepper to skillet; mix well. Cook, stirring continually, until slightly thickened. Serve over hot rice.