

Beef

Pepper Steak Stir Fry

Winn-Dixie Stores

Servings: 4

Preparation Time: 10 minutes

Cook time: 30 minutes

1 pound beef top round steak, thinly sliced

1/2 cup A-1 Sweet & Tangy steak sauce

1/4 cup soy sauce

1 1/2 tablespoons cornstarch

1 teaspoon vegetable oil

1 green bell pepper, cut into strips

3/4 cup beef broth

Mix the beef, steak sauce, soy sauce and cornstarch until well coated. Drain the beef, reserving the steak sauce mixture.

Cook and stir the beef in hot oil in a large skillet for 2 to 3 minutes.

Add the pepper and cook for 2 minutes.

Add the reserved steak sauce mixture and the beef broth. Heat to a boil.

Reduce the heat and simmer for 1 minute.

Serve over rice.

Per Serving (excluding unknown items): 50 Calories; 1g Fat (21.2% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1269mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.