

Beef

Sweet And Sour Beef

Taste of Home One -Dish Meals

Servings: 4

1 pound beef top sirloin steak, cut into 1/2-inch cubes
1 teaspoon salt
1/2 teaspoon pepper
3 teaspoons canola oil, divided
1 large green pepper, cut into 1/2-inch pieces
1 large sweet red pepper, cut into 1/2-inch pieces
2 medium tart apples, chopped
1/2 cup green onions, thinly sliced
2/3 cup packed brown sugar
1/2 cup cider vinegar
1 tablespoon cornstarch
2 tablespoons cold water
2 tablespoons green onions, thinly sliced
Hot cooked rice

Sprinkle the beef with salt and pepper.

In a large nonstick skillet or wok coated with cooking spray, stir-fry beef in two teaspoons oil until no longer pink. remove and keep warm.

In the same pan, stir-fry peppers and apples in remaining oil for 3 minutes. Add green onions. Stir-fry 2-3 minutes longer or until peppers are crisp-tender. Remove and keep warm.

Add brown sugar and vinegar to pan; bring to a boil. Combine cornstarch and water until smooth; stir into brown sugar mixture. Return to a boil; cook and stir for 2 minutes or until thickened and bubbly.

Return beef and vegetable mixture to pan; heat through.

Garnish with remaining green onions. Serve with rice, if desired.

Per Serving (excluding unknown items): 231 Calories; 4g Fat (13.3% calories from fat); 1g Protein; 52g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 553mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates.