

Pepper Steak with Jasmine Rice

From: Angela Moore

Serves 4 adults



- 3 Tbsp olive oil
- Salt and Pepper
- 1—1.5 lb round steak, cut in thin strips
- 1 medium onion, finely chopped
- 3 stalks celery, thinly sliced
- 3 cloves garlic, minced
- 1 (15oz) can stewed tomatoes, undrained
- 1 tsp sugar
- ½ tsp crushed red pepper flakes
- 2 bay leaves
- 2 sprigs of fresh thyme or ¼ tsp dried thyme
- 2 green bell peppers, seeded and cut into strips
- 2 red bell peppers, seeded and cut into strips
- ¼ cup cold water
- 1-2 Tbsp corn starch
- 1 Tbsp low sodium soy sauce
- Chow Mein noodles (optional)
- Jasmine Rice (cook according to package directions)

Heat oil in a large skillet over medium high heat. Toss cut up meat with a pinch of salt and pepper. Brown one third of the meat strips at a time. Remove meat from skillet and place in a bowl. Repeat until all meat has been browned. Reserve meat in bowl.

Reduce heat to medium, sauté onions, celery, and garlic until soft. Return meat to skillet. Add tomatoes to skillet and break apart. Add a pinch of salt and pepper, crushed red pepper, sugar, bay leaves, and thyme. (If using fresh thyme add whole stems with leaves and remove later) Reduce heat to medium low or low cover and simmer for 30 minutes, stirring once or twice. Add peppers, return cover, and simmer for 15 more minutes. Remove bay leaves and thyme sprigs.

In a small bowl, blend water, cornstarch, and soy sauce. Stir into meat and pepper mixture to thicken sauce. Cook until thick, about 1 minute. Serve over jasmine rice and sprinkle with chow mein noodles to garnish.

