

Peppers & Beef with Rice

Servings: 4

Adapted from

<http://www.realsimple.com/food-recipes/browse-all-recipes/easy-beef-stroganoff-1000001572789/index.html>

Ingredients

2 tablespoons olive oil
1 lb stir fry beef strips
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 onion, thinly sliced
1 green bell pepper, thinly sliced
4 oz sliced mushrooms
2 1/2 tablespoons steak sauce
2 cups cooked brown rice

Preparation

- 1) Cook the rice according to the package directions.
- 2) Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the steak with 1/4 teaspoon each salt and pepper.
- 3) In 2 batches, cook the steak until browned, about 1 minute per side. Transfer to a plate.
- 4) Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper; cook until softened, 6 to 8 minutes.
- 5) Add the mushrooms, beef and steak sauce to skillet; cook until warmed through, about 2 minutes.
- 6) Divide rice among four plates. Top with beef, mushroom and pepper mixture.