

Pepper Steak

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Serves 4

7 Points on all plans

- 1 1/2 pounds sirloin steak
- 2 Tbsp soy sauce
- 1/4 cup flour
- 1 tsp salt
- 2 Tbsp oil
- 3 green peppers, cut into strips
- 1 onion, sliced
- 1/2-1 cup water

1. Cut steak into strips, pound thin.
2. Sprinkle steak with flour and salt, both sides
3. Heat oil in a large skillet.
4. Cook steak until brown – does not need to be cooked through. Brown bits on the bottom of the pan are good!
5. Add green pepper and onion and water; cover.
6. Let simmer 35-45 minutes or until meat is tender and cooked through.
7. Serve over rice.

