

Chinese Pepper Steak Over Brown Rice

Number of Servings: 6

Ingredients:

1 Tbs. dry sherry	10 oz. lean beef round steak, cut into paper thin strips
1 Tbs. reduced-sodium soy sauce	1 green bell pepper, seeded, thinly sliced
1 Tbs. cornstarch	1 red bell pepper, seeded, thinly sliced
4 tsp. peanut oil	1 medium onion, thinly sliced
1 tsp. sugar	Brown rice (prepared as directed on box)
1/2 - 1 tsp. red chile paste	

Directions:

1. To prepare marinade, in a gallon-size ziploc bag, combine the sherry, soy sauce, cornstarch, 2 tsp. of the oil, sugar, and chile paste, add the beef. Seal the bag, squeezing out air; turn to coat the beef. Refrigerate, turning the bag occasionally at least 1 hour. Drain, reserving the marinade.
2. In a large nonstick skillet or wok, heat the remaining 2 tsp oil. Add the beef and sauté until barely pink, 1 - 2 minutes. Transfer the beef to a plate.
3. In the same skillet, sauté the bell peppers and onion until soft, about 8 minutes, adding the reserved marinade after 4 minutes and cooking until it evaporates. Return the beef to the pan and cook, stirring gently, until heated through.

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continued

4. Serve over brown rice.

Nutritional Information Per Serving (1 wrap):

- Calories: 211
- Fat: 7 g
- Saturated fat: 2 g
- Cholesterol: 34 mg
- Carbohydrates: 20 g
- Protein: 16 g
- Fiber: 7 g
- Sodium: 318 mg