

## PEPPER STEAK STIR-FRY

1 tablespoon vegetable oil, plus more

1 red and 1 green bell pepper, sliced into strips (any color peppers are good)

1 and ¼ lbs. flank steak, sliced

2 teaspoons garlic, minced

1 teaspoon ginger, minced

Salt to taste

Pepper to taste

¼ cup soy sauce

¼ cup water

1 and ½ teaspoons sugar

1 and ½ teaspoons corn starch or flour

Heat the oil and cook the peppers 3 to 4 minutes, until tender but still crispy. Remove them to a plate and keep warm.

Add more oil to the same pan, add the steak and season it with salt and pepper. Do not use too much salt, as the soy sauce will also add flavoring. Cook the meat on high heat until browned. Add garlic and ginger and cook for 1 minute.

Return the cooked peppers to the pan.

In a small bowl, stir together the sugar, cornstarch or flour, and the soy sauce and water so that it is smooth. Pour this over the steak and peppers and simmer for 2 to 3 minutes more until the sauce is thickened.

Serve the peppers and steak over cooked rice. Enjoy! 😊