

Treasure Barrel

Pepper Steak Recipe: Quick and Flavorful Family Meal

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

For the Beef

- [ ] 1.5 lbs flank or sirloin steak, thinly sliced against the grain
- [ ] 1 tbsp cornstarch
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tbsp vegetable oil

For the Stir-Fry

- [ ] 2 tbsp vegetable oil, divided
- [ ] 1 large green bell pepper, sliced
- [ ] 1 large red bell pepper, sliced
- [ ] 1 medium yellow onion, sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp grated fresh ginger

For the Sauce

- [ ] 1/2 cup low-sodium beef broth
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 1 tbsp packed brown sugar
- [ ] 1 tbsp cornstarch
- [ ] 1 tsp toasted sesame oil

Instructions

1. First, let's prepare our beef. It's a quiet, meditative step that makes all the difference. In a medium bowl, add your thinly sliced steak. Sprinkle the cornstarch and drizzle the soy sauce and oil over the top. Use your hands or a spoon to gently toss everything together until each slice of beef is lightly and evenly coated. This is our velveting step. Just set the bowl aside for about 15 minutes while you chop your vegetables. This gives the marinade a moment to work its magic.

2. While the beef is resting, let's make the sauce. In a small bowl or a liquid measuring cup, whisk together the beef broth, soy sauce, brown sugar, and that final tablespoon of cornstarch. Keep whisking until the cornstarch is completely dissolved and there are no lumps. You want a smooth, cohesive sauce base. Finally, stir in the toasted sesame oil. Its nutty aroma is just heavenly. Set this bowl near your stove; things are about to move quickly.

3. Time to cook. Place a large skillet or a wok over high heat and add one tablespoon of vegetable oil. Once the oil is shimmering hot—you'll see little ripples on the surface—carefully add half of the beef in a single layer. Let it sear for about 1-2 minutes without moving it to get a beautiful brown crust, then flip and sear the other side. Remove it from the pan and set it aside on a plate. Repeat with the remaining beef. That sizzle is the sound of flavor being born.

4. Reduce the heat to medium-high and add the remaining tablespoon of oil to the same skillet. Add the sliced onions and bell peppers. Sauté them, stirring occasionally, for about 4-5 minutes. You want them to become tender but still have a little bit of a crisp bite. Then, add the minced garlic and grated ginger, and stir for about 30 seconds until you can smell their incredible fragrance filling your kitchen. Ugh, it’s just the best.

5. Now, let’s bring it all together. Give your sauce a final whisk and pour it into the skillet with the vegetables. It will bubble and begin to thicken almost immediately. Let it simmer for about a minute, then return the seared beef and any accumulated juices back to the pan. Gently stir everything to coat the beef and peppers in that glorious, glossy sauce. While this simmers for just a moment, take a deep breath. This is what home cooking is about. It's as calming as the smell of an easy banana bread in the oven on a Sunday. Serve it hot, right away.

Nutrition per serving

450 kcal	35 g	20 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- The key to tender beef is slicing it as thinly as possible against the grain. Partially freezing the steak for about 20-30 minutes can make it much easier to get those paper-thin slices. It firms up the meat just enough to give you more control with your knife.
- This recipe moves very fast once you start cooking, so I highly recommend having all your ingredients prepped and ready to go (your 'mise en place') before you even turn on the stove. It makes the experience so much more relaxing and enjoyable.
- For a complete weekend meal plan, I love making this on a Saturday night and then baking a loaf of simple banana bread for Sunday morning. It feels so wonderfully domestic and cozy to have both savory and sweet treats filling the house with delicious smells.