

Sirloin Steak and Pepper Stir-Fry Recipe



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In this video, Betty demonstrates how to make Sirloin Steak and Pepper Stir-Fry. This is a combination of sirloin steak, browned in spices, and cooked with green pepper, red pepper, onion, water chestnuts, and green onions, then served over a bed of rice. Delish!

Ingredients:

- ½ cup beef broth
- ¼ cup water
- ¼ cup soy sauce
- 1 tablespoon cornstarch
- 1 ½ pounds boneless sirloin steak, uncooked
- ¼ cup peanut oil
- 1 clove garlic, minced
- 1 teaspoon ground ginger
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 large green pepper, cut into strips
- 1 large red pepper, cut into strips
- 1 large onion, thinly sliced
- 8-oz. can sliced water chestnuts, drained
- 4 green onions, cut into 1-inch pieces
- hot cooked rice

In a small bowl, combine ½ cup beef broth, ¼ cup water, ¼ cup soy sauce, and 1 tablespoon cornstarch. Set aside. Trim excess fat from 1 ½ pounds sirloin steak. Slice steak diagonally across the grain into thin strips. Pour ¼ cup peanut oil into a wok or skillet, coating sides. Heat at medium-high for 2 minutes. Add 1 clove minced garlic, 1 teaspoon ground ginger, ½ teaspoon salt and ½ teaspoon pepper. Stir-fry garlic and spices 1 minute. Add steak to skillet, and stir-fry 2 minutes, or until it is no longer pink. Remove steak from the skillet to drain on paper toweling. Set aside. Add green and red pepper strips, along with sliced onion to the skillet. Stir-fry 5 minutes, or until crisp-tender. Add cooked steak strips back into the skillet, along with 8-oz. drained water chestnuts, 4 sliced green onions, and the beef broth mixture. Stir-fry 2 minutes, or until mixture is thickened. Immediately spoon cooked steak and pepper mixture over hot white rice. Serve while piping hot! I hope you enjoy this stir-fry as much as my family does! Love, Betty ♥