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Chinese Pepper Steak



A delicious meal, served with boiled white rice, that's easy and made from items that I've already got in my cupboards! My mother clipped this recipe from somewhere and it became a specialty of mine; however, I've been unable to find the original source.

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 4

Yield: 4 servings



Ingredients

- 1 pound beef top sirloin steak
- ¼ cup soy sauce
- 2 tablespoons white sugar
- 2 tablespoons cornstarch
- ½ teaspoon ground ginger
- 3 tablespoons vegetable oil, divided
- 1 red onion, cut into 1-inch squares
- 1 green bell pepper, cut into 1-inch squares
- 2 tomatoes, cut into wedges

Directions

Step 1

Slice the steak into 1/2-inch thick slices across the grain.

Step 2

Whisk together soy sauce, sugar, cornstarch, and ginger in a bowl until the sugar has dissolved and the mixture is smooth. Place the steak slices into the marinade, and stir until well-coated.

Step 3

Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat, and place 1/3 of the steak strips into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the wok to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.

Step 4

Return all the cooked beef to the hot wok, and stir in the onion. Toss the beef and onion together until the onion begins to soften, about 2 minutes, then stir in the green pepper. Cook and stir the mixture until the pepper has turned bright green and started to become tender, about 2 minutes, then add the tomatoes, stir everything together, and serve.

Nutrition Facts

Per Serving: 312 calories; protein 26.1g; carbohydrates 17g; fat 15.4g; cholesterol 69.2mg; sodium 972.4mg.

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