

## BEEF AND RAINBOW PEPPER STIR-FRY

### Ingredients

1 pound top sirloin or chuck steaks (about 1/2 inch thick), trimmed  
Salt and freshly ground black pepper  
1 large garlic clove, minced  
3 tablespoons canola oil (or other high-smoke point oil), divided  
3 medium bell peppers, various colors, sliced into 1/4-inch strips  
1/2 yellow onion, thinly sliced lengthwise  
2 tablespoons chopped cilantro or parsley (optional)  
1 tablespoon soy sauce  
2 teaspoon sesame oil

### DIRECTIONS

Season the steaks with salt and pepper and rub minced garlic over one side. Place the steaks between two sheets of plastic wrap. With a meat pounder, pound the steaks to a 1/4 inch thickness. Let the steaks sit for 10 minutes to absorb the flavor of the garlic. Then cut them across the grain in 1/2-inch wide strips.

Heat 2 tablespoons of the oil in a large skillet on high heat. Add the sliced onions and bell peppers, cook, stirring, until just barely tender, about 1-2 minutes. Remove the vegetables from the pan to a bowl and keep warm.

Heat an additional tablespoon of oil in the skillet on high heat, until the oil is shimmering, but not smoking. Add the strips of beef let the beef brown initially, without stirring, but as soon as it is brown on one side, then stir. Cook for no more than a minute (for medium-rare). Add the peppers and onions, cilantro or parsley if using, soy sauce and sesame oil and cook for a half minute longer, stirring. Remove from heat.

Serve alone, or with steamed rice. Salt and pepper to taste.