

**30**  
minutes  
or less

HEALTHY IN A HURRY

# Beef & Pepper Stir-Fry

A Chinese-restaurant favorite gets a makeover: Lean top round stays tender when flash-fried in a hot skillet, while tomatoes add a flavor twist (and extra antioxidants) to the traditional veggie combo

**Total time** 30 minutes

**Makes** 4 main-dish servings

- 1 c. quick-cooking short-grain brown rice
- 12 oz. beef top round, thinly sliced across grain
- 1 Tbsp. plus 1 tsp. lower-sodium soy sauce

- 1 tsp. sugar
- 2 tsp. vegetable oil
- 3 peppers (preferably red, yellow, and orange), thinly sliced
- 2 cloves garlic, crushed with press
- 2 ripe tomatoes, cored, cut into ½-in. wedges

1. Prepare brown rice as label directs.
2. In bowl, combine beef, 1 teaspoon soy sauce, ½ teaspoon sugar, and ¼ teaspoon freshly ground black pepper.
3. In 12-in. skillet, heat 1 teaspoon oil on medium-high. Add beef in single layer. Cook, without stirring, 1 minute. Transfer to plate; return skillet to medium-high heat without cleaning.
4. Add remaining oil to skillet. Add peppers and garlic; stir-fry 4 to 5 minutes or until crisp-tender. Add tomatoes and remaining sugar. Cook 3 to 4 minutes or until saucy, stirring. Return beef to skillet; add ¼ teaspoon black pepper and remaining soy sauce. Cook 1 minute, stirring. Serve over rice.

**EACH SERVING** About 285 calories, 23 g protein, 27 g carbohydrate, 10 g total fat (3 g saturated), 3 g fiber, 34 mg cholesterol, 235 mg sodium.

🕒 30 minutes or less ❤️ Heart-healthy 😊 Low-calorie

## Sauce strategy

Select truly ripe tomatoes so they'll soften enough while cooking to get saucy

## 10 minutes!

That's how fast this brown rice is ready—and it's just as nutrient-rich as the slow-cook kind



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