

Easy Pepper Steak

Cutting the Calories

McCormick® Brown Gravy Mix makes it possible to enjoy this favorite Chinese dish in 30 minutes.

Makes 8 servings.

Prep Time: 10 minutes

Cook Time: 18 minutes



EASY PEPPER STEAK

Ingredients

1 package [McCormick® Brown Gravy Mix](#)

3/4 cup water

1 tablespoon soy sauce

2 pounds flank or sirloin steak, thinly sliced diagonally

1 tablespoon vegetable oil

1 medium onion, sliced

2 bell peppers, cut into thin strips

Directions

1. Mix Gravy Mix, water and soy sauce in medium bowl; set aside.
2. Heat oil in large skillet on medium-high heat. Add beef; cook and stir 3 to 4 minutes.
3. Add gravy mixture, onion and bell peppers. Bring to boil. Reduce heat to low; simmer 10 minutes. Serve over rice, if desired.

Nutrition Information

Nutrition Information per 1 serving

Calories: 264

Fat: 16 g

Cholesterol: 62 mg

Protein: 24 g

Sodium: 391 mg

Carbohydrates: 6 g

Fiber: 1 g