Lean Beef Broccoli Bell Pepper Stir Fry

A quick, high-protein stir fry with tender lean beef, crisp broccoli, and vibrant bell peppers in a savory soy sauce.

Servings: 2 **Time:** 25 minutes

Ingredients

- 8 oz lean beef sirloin, thinly sliced
- 2 cups broccoli florets
- 1 medium red bell pepper, sliced
- 1 medium yellow bell pepper, sliced
- 2 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- 1 tbsp olive oil
- 1/4 cup beef broth
- 1/2 tsp black pepper
- 1/2 tsp crushed red pepper flakes (optional)
- 1 tsp cornstarch mixed with 2 tbsp cold water

Instructions

1. Heat olive oil in a large skillet or wok over medium-high heat.
2. Add minced garlic and grated ginger; stir for 30 seconds until fragrant.
3. Add the sliced lean beef, season with black pepper, and stir-fry until browned, about 3-4 minutes. Remove beef and set aside.
4. In the same pan, add broccoli florets and bell pepper slices; stir-fry for 4-5 minutes until vegetables are tender-crisp.
5. Return beef to the pan and add soy sauce, oyster sauce, sesame oil, and beef broth; stir well to combine.
6. Pour in the cornstarch slurry and cook, stirring constantly, until sauce thickens, about 1-2 minutes.
7. Sprinkle red pepper flakes if desired, mix well, then remove from heat.
8. Serve immediately, enjoying a high-protein, low-carb meal perfect for weight management.

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