Quick Beef Stir-Fry with Colorful Peppers

A vibrant, low-carb beef stir-fry loaded with bell peppers, perfect for a healthy, high-protein meal in under 20 minutes.

Servings: 2 **Time:** 18 minutes

Ingredients

- 8 oz lean beef sirloin, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 tbsp chopped green onions (optional)

Instructions

1. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.
2. Add the sliced beef and cook for 3-4 minutes until browned. Remove beef from pan and set aside.
3. Add remaining 1 tablespoon of olive oil to the pan. Stir in garlic and ginger; sauté for 30 seconds until fragrant.
4. Add all sliced bell peppers to the pan. Stir-fry for 4-5 minutes until peppers are tender-crisp.
5. Return the beef to the pan. Pour in soy sauce, rice vinegar, sesame oil, black pepper, and red pepper flakes.
6. Toss everything together and cook for another 2 minutes until heated through and well coated.
7. Remove from heat. Garnish with chopped green onions if desired and serve immediately.

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