



ORANGE PEPPER BEEF

INGREDIENTS

- 1 cup low-sodium beef broth
- 1 lb beef strips
- 4 Tbsp reduced-sodium soy sauce or coconut aminos
- 1/2 cup orange juice concentrate
- 4 Tbsp lime juice
- 2 Tbsp sesame oil
- 2 Tbsp minced garlic
- 2 Tbsp minced ginger
- 2 Tbsp cornstarch
- cooking spray
- 2 Tbsp canola oil
- 1 each red, green and yellow bell pepper, thinly sliced
- 1 red onion, thinly sliced
- 1 cup broccoli florets
- 3 scallions (green onions), thinly sliced

DIRECTIONS

1. I needed slice the beef strips further into thin slices cutting against the grain.
2. In a large bowl, whisk the broth, soy sauce, orange juice concentrate, lime juice, sesame oil, garlic, and ginger.
3. Stir in the cornstarch until no lumps remain. Set aside.
4. Spray a wok or large skillet with oil spray. Add the canola oil and warm over medium heat. Add the peppers, onion, and broccoli and cook, stirring, 4 to 5 minutes, until the vegetables begin to soften but are still crisp.
5. Increase the heat to high and add the beef. Cook, stirring, 3 to 4 minutes, until the beef begins to take on color.
6. Reduce the heat to low and add the broth mixture. Cook 2 to 3 minutes longer, until the sauce thickens and the beef is no longer pink inside. Garnish with scallions. Serve immediately.



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SHOPPING LIST

Low-sodium beef broth
Reduced-sodium soy sauce
or coconut aminos
Orange juice concentrate
Lime juice
Sesame oil
Minced garlic
Minced ginger
Cornstarch
Cooking spray
Canola oil
1 each red, green and yellow
bell pepper
Red onion
Broccoli florets
Scallions (green onions)

SIDE OPTIONS

Fried Rice
Cucumber Salad
Fruit Bowl