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Orange Pepper Beef Stir-Fry

- 1/2 Pounds beef, stew meat, or top round
- 1/2 Cup(s) broth, beef, fat-free, less sodium
- 2 Tbsp soy sauce, less sodium
- 1/4 Cup orange juice concentrate
- 2 Tbsp lime juice
- 1 Tbsp oil, sesame
- 1 Tbsp garlic, minced
- 1 Tbsp ginger, fresh, minced
- 1 Tbsp cornstarch
- Cooking spray
- 1 Tbsp oil, canola
- 1 Small pepper, red, bell, thinly sliced
- 1 Small pepper, green, bell, thinly sliced
- 1 Small pepper, yellow, bell, thinly sliced
- 1 Small onion, red, or Vidalia
- 1 Cup broccoli florets
- 3 Scallions (green onions), thinly sliced

- 1) Place the beef in the freezer for 15 to 20 minutes, until firm but not totally frozen, for easy slicing. Cut into paper-thin slices against the grain.
- 2) In a large bowl, whisk the broth, soy sauce, orange juice concentrate, lime juice, sesame oil, garlic, and ginger. Stir in the cornstarch until no lumps remain. Set aside.
- 3) 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. Increase the heat to high and add the beef. Cook, stirring, 3 to 4 minutes, until the beef begins to take on color.
- 4) 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.

Makes 2 Servings

