

Jamaican Pepper Steak

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-steak-and-rice-recipe>

Ingredients:

- 2 pounds beef steak
- 1/2 green bell pepper Sliced into thin strip
- 1/2 red bell pepper Sliced into thin strip
- 1/2 yellow bell pepper Sliced into thin strip
- 1 medium onion Sliced
- 3 cloves garlic Crushed
- 1 stalk scallion Chopped
- 1/2 inch fresh ginger Crushed
- 2 sprigs thyme
- 2 tablespoons beef seasoning or all-purpose seasoning
- 2 tablespoons sauce browning
- 1/4 teaspoon salt Or the amount to your taste
- 2 tablespoons cooking oil
- 1 1/2 cups water or beef stock
- 1/4 teaspoon corn starch

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 7 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 190 milligrams
8. Sugar: 3 grams

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