



## **Devin Alexander's Chinese Pepper Steak**

### **Ingredients:**

- 1 1/2 pounds trimmed top round steak, cut into 1/2-inch-thick strips
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 3 1/2 teaspoons extra virgin olive oil, divided
- 1 1/2 cups 1/2-inch-wide, 2-inch-long sweet onion strips
- 1 1/4 cups 1/2-inch-wide, 2-inch-long green bell pepper strips (about 1 large pepper)
- 1 teaspoon minced fresh garlic
- 2 cups canned crushed tomatoes
- 1 1/2 tablespoons low-sodium soy sauce

### **Instructions:**

- Place the steak in a medium bowl.
- Add the black pepper, garlic powder, and salt. Toss to season the steak evenly. Let stand for 10 minutes.
- Place a large nonstick saucepan over high heat. When the pan is hot, put in 1 teaspoon olive oil.
- Add half of the steak and brown it on all sides, 1 to 2 minutes per side. Remove from the pan.
- Add another teaspoon of olive oil, then the remaining steak. Brown that on all sides. Remove from the pan.
- Turn the heat to medium, and then add the remaining 1 1/2 teaspoons olive oil, onion, bell pepper, and garlic.
- Cook, stirring occasionally, until just tender, about 5 minutes.
- Return the steak to the pan, and then stir in the tomatoes and soy sauce.
- Turn the heat back to high. When the liquid reaches a boil, cover the pan and turn the heat to low. Simmer, stirring occasionally, until the meat is tender enough to fall apart with a fork, about 1 1/2 hours.
- Serve immediately, or refrigerate in an airtight container for up to 3 days.

**Makes:** 6 servings.

**Calories per Serving:** 192

*Recipe taken from Devin Alexander's THE MOST DECADENT DIET EVER!  
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