

la choy pepper steak recipe

La Choy pepper steak recipe is a delicious and easy-to-make dish that combines tender beef with colorful bell peppers and a savory sauce. This recipe not only captures the essence of Asian flavors but also makes for a perfect weeknight dinner. In this article, we will walk you through the ingredients, step-by-step instructions, and some helpful tips to ensure your La Choy pepper steak turns out perfectly every time.

Ingredients for La Choy Pepper Steak

To create a flavorful La Choy pepper steak, you will need the following ingredients:

- 1 lb flank steak, sliced thinly against the grain
- 2 tablespoons vegetable oil
- 1 medium onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 cup La Choy soy sauce
- 2 tablespoons cornstarch
- 1 tablespoon brown sugar
- 1 teaspoon black pepper
- Cooked rice, for serving

Step-by-Step Instructions

Creating La Choy pepper steak is straightforward. Follow these step-by-step instructions for a delightful meal:

Step 1: Prepare the Beef

1. Slice the Flank Steak: Begin by taking your flank steak and slicing it thinly against the grain. This will help ensure that the meat is tender after cooking.
2. Marinate the Beef: In a bowl, mix the La Choy soy sauce, cornstarch, brown sugar, and black pepper. Add the sliced beef to the marinade and let it sit for at least 15 minutes. This not only adds flavor but also helps to tenderize the meat.

Step 2: Cook the Vegetables

1. Heat the Oil: In a large skillet or wok, heat the vegetable oil over medium-high heat.
2. Sauté the Onions: Add the sliced onion and cook for about 2-3 minutes until they become translucent.
3. Add Bell Peppers and Garlic: Next, add the sliced red and green bell peppers, along with the minced garlic and ginger. Sauté for another 3-4 minutes until the peppers are tender but still crisp.

Step 3: Cook the Beef

1. Add the Beef: Push the sautéed vegetables to the side of the skillet and add the marinated beef to the center. Cook for about 4-5 minutes, stirring occasionally until the beef is browned and cooked through.
2. Combine the Ingredients: Once the beef is cooked, mix it with the vegetables in the skillet.

Step 4: Final Touches

1. Thicken the Sauce: If you prefer a thicker sauce, you can mix a little more cornstarch with water and add it to the skillet, stirring continuously until the sauce reaches your desired consistency.
2. Serve: Serve your La Choy pepper steak hot over a bed of cooked rice. This dish pairs exceptionally well with steamed vegetables or a side salad.

Tips for the Perfect La Choy Pepper Steak

To elevate your La Choy pepper steak to new heights, consider the following tips:

- **Choose the Right Cut of Meat:** Flank steak is ideal for this recipe due to its lean nature and ability to absorb flavors. However, you can also use sirloin or ribeye if preferred.

- **Don't Overcrowd the Pan:** If you are making a larger batch, cook the beef in batches to ensure even cooking and browning.
- **Experiment with Vegetables:** Feel free to add other vegetables such as snap peas, carrots, or mushrooms for added flavor and nutrition.
- **Adjust the Spice Level:** If you enjoy a bit of heat, consider adding sliced jalapeños or a splash of chili sauce to the dish.
- **Make It a Meal Prep:** La Choy pepper steak can be prepared in advance and stored in the refrigerator for up to three days, making it a great option for meal prep.

Frequently Asked Questions

Can I use chicken instead of beef for this recipe?

Absolutely! If you prefer chicken, you can substitute flank steak with thinly sliced chicken breast or thighs. Just remember to adjust the cooking time as chicken typically cooks faster than beef.

Is La Choy soy sauce gluten-free?

La Choy soy sauce is not gluten-free. However, you can find gluten-free soy sauce options on the market. Be sure to check the label if you have dietary restrictions.

How can I make this dish healthier?

To make La Choy pepper steak healthier, consider using less oil, opting for low-sodium soy sauce, and adding more vegetables to the dish. You can also serve it over quinoa or cauliflower rice for a lower-carb option.

Conclusion

The **La Choy pepper steak recipe** is not only quick and easy to prepare but also bursts with flavor and can be customized to suit your taste preferences. Whether you're looking for a hearty family dinner or a meal prep option for the week, this recipe checks all the boxes. So, gather your ingredients, follow the steps outlined above, and enjoy a delicious homemade meal that will impress your family and friends!

Frequently Asked Questions

What are the main ingredients in a La Choy pepper steak recipe?

The main ingredients typically include sliced beef, bell peppers, onions, soy sauce, and La Choy stir-fry vegetables.

How long does it take to prepare La Choy pepper steak?

Preparation time is usually around 10 minutes, with cooking taking an additional 10-15 minutes, so the total time is about 20-25 minutes.

Can I make La Choy pepper steak with chicken instead of beef?

Yes, you can substitute chicken for beef in the recipe for a different flavor profile while still enjoying the same delicious sauce.

Is there a vegetarian version of La Choy pepper steak?

Absolutely! You can use tofu or seitan as a meat substitute and incorporate more vegetables like broccoli, carrots, and snap peas.

What is the best way to serve La Choy pepper steak?

La Choy pepper steak is best served over steamed rice or noodles, allowing the flavors of the sauce to complement the grains.

Can I make La Choy pepper steak ahead of time?

Yes, you can prepare the ingredients and cook the dish ahead of time, then store it in the refrigerator. Reheat before serving.

What type of beef is recommended for La Choy pepper steak?

Flank steak or sirloin is recommended for its tenderness and flavor, but you can use any cut of beef that you prefer.

How can I spice up my La Choy pepper steak?

You can add red pepper flakes, sriracha, or a dash of chili oil to increase the heat and give it an extra kick.

What are some side dishes to pair with La Choy pepper steak?

Great side dishes include stir-fried vegetables, egg rolls, or a simple cucumber salad for a refreshing contrast.

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