

Colonels' Crazies Teriyaki Pepper Steak

Henderson 2024

Servings 6

2 ¾ cups	Water
3 cups	No Salt Added Beef Broth
½ cup	Yellow Onion, small dice
1 cup	Red bell pepper, Julienned
1 cup	Green Bell Pepper, Julienned
1 cup	Yellow bell pepper, Julienned
1 ¼ cup	Honey
3T + 1.5 tsp	Garlic, minced
3T + 1.5 tsp	Ginger, minced
3 1/2 TBSP	Worcestershire Sauce
2 cup	Broccoli
10 TBSP	Soy Sauce Low Sodium
7 TBSP	Cornstarch
1 tsp	Red pepper flakes
3 cups	Jasmine rice, cooked
1 lb	Flank Steak
1 T	Green onions, chopped (garnish)
1/2 ounce	Sesame seed (garnish)

Directions:

1. Cook Rice according to package directions using water and beef broth as liquid
2. Wash and prep all veg, including Garlic, ginger
3. Combine Soy sauce, red pepper flakes, Honey, garlic, ginger, and Worcestershire together in a small sauce pot and bring to a simmer for 5 minutes.
4. Add enough cold water to cornstarch to create a paste. Add to simmering sauce. Stir until combined.
5. Bring sauce to a boil and cook for two minutes. Reduce sauce to desired thickness and turn to low heat and keep warm until service.
6. Saute veggies until tender (these can be grilled or baked)
7. Flank steak can be pan seared or grilled to desired doneness (for school service 165 degrees) and let rest 5 minutes.
8. Slice the flank steak into thin strips.
9. Toss steak and veggies with sauce.
10. To Serve: Divide rice into 6 servings top with steak and veggies sprinkle with sesame seeds and green onions.