

30-Minute Beef and Pepper Rice Bowl: The Flavor-Packed Stir-Fry You Need Tonight

Some nights, you need dinner on the table



TIME
30 min

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INGREDIENTS

Swaps and Notes:

Meat: Don't have ground beef? You can easily substitute this with ground turkey, ground chicken, or sliced flank steak cut into thin strips. Adjust the cooking time accordingly.

Veggies: Feel free to swap the bell peppers for broccoli florets, sliced carrots, or snow peas for added crunch and nutrition.

Spice Level: If you're not a fan of heat, omit the jalapeño entirely. For more heat, add a dash of crushed red pepper flakes along with the garlic powder.

Sauce Depth: For an extra layer of flavor, add 1 teaspoon of toasted sesame oil and 1 tablespoon of brown sugar along with the soy sauce.

Directions: The 30-Minute Method:

Sauté the Aromatics: In a large skillet (cast iron or non-stick works best) over medium heat, melt the 2 Tbsp butter. Add the diced onion, green bell pepper, red bell pepper, and jalapeño. Sauté for 4-5 minutes, stirring occasionally, until the vegetables soften and become fragrant. They should be tender-crisp.

Brown the Beef: Add the 1 lb ground beef to the skillet. Cook until completely browned, breaking it apart with a spoon as it cooks. Once cooked, tilt the pan and use a spoon to carefully drain excess fat for a cleaner, less greasy dish.

Add the Flavor: Stir in the ½ cup soy sauce, 1 Tbsp garlic powder, 1 tsp salt, and 2 tsp black pepper. Mix everything well, ensuring the beef and vegetables are coated in the sauce and spices.

Meld the Flavors: Cook for an additional 2-3 minutes, allowing the sauce to bubble slightly and the flavors to truly meld together. The sauce should reduce slightly and cling to the meat and vegetables.

Serve: Serve the beef and pepper mixture immediately over a bed of cooked rice, if desired, or alongside a simple green salad for a lighter option.

Tips for Success:

High Heat for Veggies: Don't overcrowd the pan when sautéing the vegetables. If your pan is small, sauté the vegetables in two batches or cook them until they are slightly crisp (tender-crisp) to maintain texture.

Drain the Fat: Draining the fat after browning the beef is crucial. If you skip this step, the final dish will be greasy, and the sauce won't coat the ingredients properly.

Taste and Adjust: Soy sauce is naturally salty. Always taste the final dish before serving. If it's too salty, add a tablespoon of water or broth. If it needs more punch, add a splash more soy sauce or a pinch of pepper.

Prep Ahead: Chop all your vegetables ahead of time and store them in the refrigerator. This cuts down the cook time to just 15 minutes!

Serving Suggestions and Pairings:

Garnish: Top with chopped scallions, toasted sesame seeds, or a drizzle of sriracha for a spicy kick.

Side Dish: Serve with a simple cucumber and red onion salad dressed with rice vinegar, or a side of steamed asparagus.

Drinks: A light, crisp Lager or a clean, bright Sauvignon Blanc makes an excellent pairing for the savory, salty flavors. For a simple starter, you could serve my Baked Brie Appetizer is my Favorite Effortless Way to Impress Guests.

Nutritional Information (Per Serving):

Yields: 4 servings

Disclaimer: This is an estimate based on standard ingredients and does not include the cooked rice.

Calories: Approximately 350-400 (Varies based on fat content of ground beef and if you drain thoroughly)

Protein: 30g+

Fat: 20g (Highly variable)

Storage and Leftover Tips:

Storage: Store leftovers in an airtight container in the refrigerator for up to 3-4 days. Store the

beef and pepper mixture separately from the cooked rice, if possible, to prevent the rice from becoming mushy.

Reheating: Reheat gently in a skillet over medium heat, adding a splash of water or broth if the mixture seems dry. You can also microwave it, but the skillet method preserves the texture better.

More Recipes You Will Love:

For an amazing quick appetizer, try this Baked Brie Appetizer is my Favorite Effortless Way to Impress Guests.

Need another fast dinner for a crowd? These Sheet Pan Quesadillas are my Favorite Way to Feed a Crowd Fastare a game-changer.

When you need a dessert that requires absolutely zero baking, this No-Bake Oreo Cream Pie is my Favorite Quick Dessert Hack is the ultimate shortcut.

If you're craving a rich, chocolatey indulgence, check out these Chocolate Chip Cookie Dough Brownie Bombs are my Favorite Sweet Obsession.

Looking for a fun, colorful dessert? This Unicorn Poop Bark is the Magical Treat That's Always a Hit with Kids is fantastic for parties.

DIRECTIONS

1. Follow these simple steps, and you'll have a hearty, flavorful dinner ready in no time.
2. **SautØ the Aromatics:** In a large skillet (cast iron or non-stick works best) over medium heat, melt the 2 Tbsp butter. Add the diced onion, green bell pepper, red bell pepper, and jalapeño. SautØ for 4-5 minutes, stirring occasionally, until the vegetables soften and become fragrant. They should be tender-crisp.
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4. **Add the : Flavor:** Stir in the ½ cup soy sauce, 1 Tbsp garlic powder, 1 tsp salt, and 2 tsp black pepper. Mix everything well, ensuring the beef and vegetables are coated in the sauce and spices.
5. **Meld the : Flavors:** Cook for an additional 2-3 minutes, allowing the sauce to bubble slightly and the flavors to truly meld together. The sauce should reduce slightly and cling to the meat and vegetables.
6. **Serve:** Serve the beef and pepper mixture immediately over a bed of cooked rice, if desired, or alongside a simple green salad for a lighter option.
7. **Tips for Success: High Heat for Veggies:** Don't overcrowd the pan when sautØing the vegetables. If your pan is small, sautØ the vegetables in two batches or cook them until they are slightly crisp (tender-crisp) to maintain texture.
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beef is crucial. If you skip this step, the final dish will be greasy, and the sauce won't coat the ingredients properly.

9. Taste and : Adjust: Soy sauce is naturally salty. Always taste the final dish before serving. If it's too salty, add a tablespoon of water or broth. If it needs more punch, add a splash more soy sauce or a pinch of pepper.
10. Prep : Ahead: Chop all your vegetables ahead of time and store them in the refrigerator. This cuts down the cook time to just 15 minutes!
11. Serving Suggestions and Pairings: This Beef and Pepper Rice Bowl is a complete meal on its own, especially when served over rice. However, here are a few ways I like to kick it up:
12. Garnish: Top with chopped scallions, toasted sesame seeds, or a drizzle of sriracha for a spicy kick.
13. Side : Dish: Serve with a simple cucumber and red onion salad dressed with rice vinegar, or a side of steamed asparagus.
14. Drinks: A light, crisp Lager or a clean, bright Sauvignon Blanc makes an excellent pairing for the savory, salty flavors. For a simple starter, you could serve my Baked Brie Appetizer is my Favorite Effortless Way to Impress Guests.
15. Nutritional Information (Per Serving): Yields: 4 servings
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19. Fat: 20g (Highly variable)
20. Storage and Leftover Tips: This dish is fantastic for meal prep!
21. Storage: Store leftovers in an airtight container in the refrigerator for up to 3-4 days. Store the beef and pepper mixture separately from the cooked rice, if possible, to prevent the rice from becoming mushy.
22. Reheating: Reheat gently in a skillet over medium heat, adding a splash of water or broth if the mixture seems dry. You can also microwave it, but the skillet method preserves the texture better.
23. More Recipes You Will Love: If you enjoyed this quick and flavorful skillet dinner, you'll love these other easy, crowd-pleasing recipes:
24. For an amazing quick appetizer, try this : Baked Brie Appetizer is my Favorite Effortless Way to Impress Guests.
25. Need another fast dinner for a crowd? These Sheet Pan Quesadillas are my Favorite Way to Feed a Crowd Fastare a game-changer.

SWAPS & NOTES

Butter 2 Tbsp For sautéing; adds richness.

Onion 1 medium, diced Provides a savory base.

Green Bell Pepper 1, diced Adds freshness and color.

Red Bell Pepper 1, diced Adds sweetness and color.

TIPS FOR SUCCESS

High Heat for Veggies: Don't overcrowd the pan when sautéing the vegetables.

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Drain the Fat: Draining the fat after browning the beef is crucial.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/30-minute-beef-and-pepper-rice-bowl-the-flavor-packed-stir-fry-you-need-tonight/>