

## Savory Homemade Beef and Bell Pepper Gravy Over Rice: A 30-Minute Comfort Meal

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**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

Beef: 1 pound of beef steak (sirloin, flank, or round), sliced into thin strips against the grain.

Rice: 1 ½ cups white rice (Long-grain or Jasmine works best).

Bell Peppers: 1 green, 1 red, and ½ yellow bell pepper, chopped into bite-sized pieces.

Aromatics: 1 small onion (sliced) and 2 cloves of garlic (minced).

Oil: 2 Tablespoons vegetable oil (or any high-smoke point oil).

Liquid Base: 1 ½ cups water or beef broth (broth adds a deeper flavor).

The Sauce Makers: 1 Tablespoon soy sauce and 1 Tablespoon tomato paste (or ketchup for a touch of sweetness).

Seasoning: 1 teaspoon paprika, plus salt and black pepper to taste.

### DIRECTIONS

1. Prepare the : Rice: Rinse the rice under cold water until it runs clear. Cook it in salted water according to the package instructions. Once done, fluff with a fork and set aside.
2. Sear the : Beef: Heat the oil in a large skillet over medium-high heat. Add your beef strips, seasoning generously with salt and pepper. Brown them quickly on all sides (about 3-4 minutes). Remove the beef from the pan and set it aside on a plate to keep it juicy.
3. SautØ the Aromatics: In the same pan (don't wash out those flavorful beef bits!), add the sliced onion. Cook until soft and translucent. Add the minced garlic and cook for just 30 seconds until fragrant.
4. Softened : Peppers: Add all the chopped bell peppers to the skillet. Cook for 2-3 minutes. You want them to be slightly softened but still retain a bit of their "snap."
5. Build the : Gravy: Stir in the tomato paste, soy sauce, and paprika. Slowly pour in the water or beef broth. Stir well, scraping the bottom of the pan to release the "fond" (the browned bits).
6. Simmer and : Thicken: Return the beef and any juices from the plate back into the pan. Lower the heat and let it simmer for 8-10 minutes. The sauce will reduce and thicken into a silky gravy.
7. Serve: Spoon generous portions of the beef and pepper gravy over the warm rice.

### SWAPS & NOTES

The Meat: If you want a leaner option, ground turkey can be substituted, though the texture will change from a steak-style gravy to a more rustic meat sauce.

The Veggies: If you don't have three colors of peppers, all green or all red is perfectly fine.

Feel free to add mushrooms for extra earthiness.

Low Carb Option: If you are watching your carb intake, try serving this savory gravy over cauliflower rice or even a 3-Ingredient Egg Wrap sliced into "noodles." List of Steps  
Prepare the Rice: Rinse the rice under cold water until it runs clear.

## TIPS FOR SUCCESS

**Slicing the Beef:** Always slice your steak against the grain .

This breaks up the tough muscle fibers and ensures every piece of beef is melt-in-your-mouth tender.

**High Heat is Key:** When browning the beef, make sure the pan is hot.

This creates the "browned" flavor essential for a good gravy.

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

Original recipe: <https://chefmaniac.com/savory-homemade-beef-and-bell-pepper-gravy-over-rice-a-30-minute-comfort-meal/>