

## ***Sesame Beef Stir Fry***

1 pound lean flank steak  
1 teaspoon five-spice powder  
1 tablespoon dark sesame oil  
1 1/2 tablespoons minced, peeled fresh ginger  
3 garlic cloves, minced  
2 cups red bell pepper strips  
2 cups yellow bell pepper strips  
1/2 cup no-salt-added beef broth  
3 tablespoons low-sodium soy sauce  
1 tablespoon cornstarch  
4 cups thinly sliced bok choy  
1 tablespoon sesame seeds, toasted  
1/4 teaspoon salt  
4 cups hot cooked rice

Trim fat from steak; rub surface of steak with five-spice powder. Slice steak diagonally across grain into thin strips. Heat oil in a large nonstick skillet over medium heat. Add ginger and garlic and stir-fry 2 minutes. Add beef and stir-fry 4 minutes. Add bell peppers and stir-fry 2 minutes. Combine broth, soy sauce, and cornstarch in a small bowl. Add to beef mixture. Add bok choy and cook 1 minute or until bok choy wilts and mixture thickens, stirring constantly. Remove from heat, and stir in toasted sesame seeds and salt. Serve over rice.