Bell Pepper and Beef Curry
From – eatingwell.com

1 pound beef sirloin or strip steak, trimmed, thinly sliced
¼ tsp salt
1/4 tsp freshly ground pepper
1 Tbsp canola oil
2 tsp canola oil
2 cups green beans, trimmed, cut into 2-inch pieces
2 bell peppers, cut into thin, 2-inch strips
1 can lite coconut milk
2 Tbsp red curry paste
1 large mango, cut into 1-inch chunks
4 lime wedges

• Sprinkle beef with salt and pepper.
• Heat 1 tablespoon oil in a large skillet over medium-high heat.
• Add the beef and cook, stirring occasionally, until browned, 2 to 3 minutes.
• Transfer to a plate with a slotted spoon and drain any liquid from the pan; wipe out the pan.
• Reduce heat to medium. Add the remaining 2 teaspoons oil, green beans and bell peppers to the pan and cook, stirring, just until the beans begin to color, 2 to 4 minutes.
• Combine coconut milk and curry paste and pour the mixture into the pan.
• Bring to a simmer. Cover and cook until the vegetables are just tender, 2 to 3 minutes.
• Return the beef and any juice on the plate to the pan along with mango; cook, stirring once or twice, until heated through, 2 to 3 minutes.
• Serve with lime wedges.