



2 Servings

# pepper steak

## Ingredients

|                        |            |
|------------------------|------------|
| olive oil              | 1/2 Tbsp   |
| sweet green peppers    | 3/4 Cup(s) |
| drinking water         | 1/4 Cup(s) |
| carrots                | 2 cup      |
| beef top sirloin, lean | 6 oz       |
| onions                 | 1 small    |

## Nutrition Totals

**Calories** 519 / **Carbs** 36 g / **Protein** 38 g / **Fat** 26 g / **Fluid** 19 fl oz

## Instructions

1. Cut meat in half lengthwise with a sharp knife, then crosswise into thin slices.
2. Brown meat in hot oil.
3. Add onion and pepper; cook 1 to 2 minutes.
4. Stir in water, and sprinkle on garlic, and cook about 5 minutes, stirring constantly.
5. Serve on a bed of shredded carrots.

# Nutrition Label

| <b>Pepper Steak</b>              |                       |
|----------------------------------|-----------------------|
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b>                  | <b>260</b>            |
|                                  | <b>% Daily Value*</b> |
| <b>Total Fat</b> 13g             | <b>20%</b>            |
| Saturated Fat 3.9g               | <b>20%</b>            |
| Trans Fat 0.5g                   |                       |
| <b>Cholesterol</b> 57.8mg        | <b>19%</b>            |
| <b>Sodium</b> 157.8mg            | <b>7%</b>             |
| <b>Total Carbohydrates</b> 18.1g | <b>6%</b>             |
| Dietary Fiber 5.1g               | <b>21%</b>            |
| Total Sugar 8.8g                 |                       |
| <b>Protein</b> 19.1g             |                       |
| <b>Vitamin D</b> 4.2IU           | <b>1%</b>             |
| <b>Calcium</b> 61.8mg            | <b>6%</b>             |
| <b>Iron</b> 2.9mg                | <b>17%</b>            |
| <b>Potassium</b> 846.8mg         |                       |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.