



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

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