

BBQ Pepper Steak

Prep time: 30 minutes

Cook time: 15 minutes

Serves: 4

Cost per Serving: \$1.75

Utensils Needed:

Large skillet

Large mixing bowl

Measuring spoons

Measuring cups

Cutting board & knife

Stirring spoon

Ingredients:

1 each green, red and yellow bell pepper, cut into strips

1 small onion, cut into strips

1 lb. boneless beef top round steak, fat trimmed & cut into strips

1 clove garlic, minced

½ tsp. black pepper

3 Tablespoons lite soy sauce

½ cup regular barbeque sauce

2 cups hot cooked long-grain brown rice

Directions:

1. Heat large non-stick skillet with cooking spray on medium-heat. Add bell peppers and onions; cook and stir 6-8 minutes; transfer to large bowl and cover to keep warm.
2. Add meat, garlic and black pepper to skillet. Cook and stir 3 minutes. Add soy sauce; cook 1 minute or until meat is done.
3. Stir in barbecue sauce and cook another 3 minutes.
4. Toss meat mixture with vegetables. Spoon over rice.

NUTRITION FACTS	
SERVING SIZE	1 c. meat mixture & 1/2 c. rice
CALORIES	330
TOTAL FAT	6 g
CHOLESTEROL	60 mg
SODIUM	870 mg
TOTAL CARBOHYDRATE	43 g
DIETARY FIBER	4 g
PROTEIN	25g

Serve with: Mixed Green Salad, fresh fruit

