



Pepper Steak

6 servings

2 hours

Ingredients

- 1 Sweet Onion
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 2 lbs Pepper Steak
- 3 tbsps Soy Sauce (Low sodium)
- 1/4 tsp Sugar
- 1 oz Red Wine
- 1 1/3 tbsps Corn Starch
- 1/8 tsp Ginger
- 1 cup Baby Corn
- 1/4 cup Oil

Nutrition

Amount per serving	
Calories	345
Fat	23g
Carbs	16g
Fiber	3g
Sugar	7g
Protein	20g
Cholesterol	48mg
Sodium	700mg
Potassium	473mg
Calcium	41mg
Iron	2mg
Vitamin B12	0.9µg
Magnesium	40mg
Zinc	3mg

Directions

- 1 Place the pepper steak in a bag with the soy sauce, sugar, wine, corn starch, ginger and 2 tbsp oil and marinate for 2 hours.
- 2 Sauté the onions and peppers in 2 Tbsp oil 8 to 10 minutes
- 3 Add the baby corn and sauté another 2 minutes
- 4 In another pan fry the Steak on both sides and fry on high for 5 minutes. Then add it to the sauteed vegetables
- 5 Add 2 cups water and cook on low for 1 1/2 hours.

Notes

Prepare in Advance: You can make ahead of time by only cooking for 45 minutes and refrigerate. Bake at 350F for another 40 minutes before serving.

Its about TIME@oneonone: 1 serving is 1/6th of the recipe which equals 2 protein 1 fat and vegetables