

RECIPE

Lean Beef Stir-Fry with Snow Peas

🕒 15 minutes / 1 serving

BETTER THAN TAKEOUT—and much healthier too! Simply stir fry snow peas and bell peppers, add in thinly sliced steak, and serve over rice for a quick, crave-worthy meal.

INGREDIENTS

- 1 tsp toasted sesame oil
- 1 cup snow peas
- ½ green bell pepper, thinly sliced
- salt and pepper to taste
- 3 oz thinly sliced lean steak
- 2 tbsp stir-fry sauce
- ½ cup cooked brown rice



INSTRUCTIONS

- 1 HEAT** oil in a medium skillet over medium-high.
- 2 ADD** snow peas and bell pepper, season with salt and pepper, and stir-fry until just beginning to soften, 1-2 minutes.
- 3 ADD** steak and stir-fry until just browned on the outside, about 2 minutes.
- 4 MIX** in stir-fry sauce, adding a splash of water if needed.
- 5 SERVE** over rice.

NUTRITIONAL INFO PER SERVING

CALORIES

402

PROTEIN

33 g

FIBER

7 g