

Blue is Better Recipe (Serves 6) Mexican Beef Stir-Fri

Ingredients

- 1 Tbsp. canola oil
- 1 1/2 lbs. lean sirloin steak, cut into 3" strips, trimmed of all fat
- 3 garlic cloves, minced
- 1 medium onion, minced
- 1 small red pepper, julienned
- 2 tsp. chili powder
- 2 Tbsp. lime juice
- 1 tsp cumin

Preparation Instructions

1. In a wok or large fry pan over medium-high heat, heat the oil. Add the beef & saute until no longer pink. Drain fat. Remove beef from wok.
2. Add the garlic, onions & saute for 5 minutes. Add red pepper & saute for 5 minutes.
3. Add the chili powder & lime juice to coat the vegetables. Add the beef back to the wok & add the cumin. Heat 1 more minute.



NUTRITION FACTS

Serving Size

3-oz. to 4-oz.

Amount Per Serving:

Calories	180
Calories from Fat.....	67
Total Fat	7g
Saturated Fat.....	2 g
Cholesterol	65 mg
Sodium	58 mg
Carbohydrate	4 g
Dietary Fiber.....	1 g
Protein	23 g