BBQ Pepper Steak

Number of Servings: 4

Ingredients:

- 1 each green, red and yellow bell pepper, cut into strips
- 1 small onion, cut into strips
- 1 pound boneless beef top round steak, fat trimmed and cut into strips
- 1 garlic clove, minced
- 1/2 teaspoon black pepper
- 3 Tablespoons light soy sauce (less sodium)
- 1/2 cup low-sodium barbecue sauce
- 2 cups hot, cooked long-grain brown rice

Directions:

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

Nutrition Facts

Serving Size (352g)
Servings Per Container 4

Amount Per Serving

Calories 330	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 530mg	22%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 28g	

Vitamin A 30% • Vitamin C 290%
Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Family Conversation Starter:

If you could have any super power, what would it be and why?