

Sauteed Beef & Pepper Skillet with Fries

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Servings: 4

1 pound beef sirloin, trimmed and thinly sliced into bite-size pieces
3 tablespoons soy sauce
2 tablespoons cider vinegar
3 cloves garlic, crushed with a press
1 tablespoon peeled fresh ginger, grated
1 teaspoon ground cumin
12 ounces frozen french fries
3 tablespoons vegetable oil
1 large yellow pepper, seeded and thinly sliced
1 small red onion, thinly sliced
2 plum tomatoes, halved and thinly sliced
chopped fresh parsley (for garnish)

In a large resealable plastic bag, combine the beef, soy sauce, vinegar, garlic, ginger and cumin. Seal the bag and let stand for 20 minutes or up to overnight.

Cook the French fries as the label directs.

In a twelve-inch skillet, heat the oil on medium-high until hot. Drain the beef, discarding the marinade. Add to the skillet (oil may spatter). Cook for 3 minutes or until browned, stirring twice. Transfer the beef to a plate.

In the same skillet, add the pepper and onion. Cook for 5 minutes or until almost tender, stirring occasionally.

Add the tomatoes and beef. Cook for 2 minutes. Remove from the heat.

Fold in the fries and garnish with parsley.

Serve immediately.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 367 Calories; 27g Fat (65.4% calories from fat); 23g Protein; 9g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 835mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	367	Vitamin B6 (mg):	.6mg
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% Calories from Fat:	65.4%
% Calories from Carbohydrates:	10.1%
% Calories from Protein:	24.5%
Total Fat (g):	27g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	72mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	23g
Sodium (mg):	835mg
Potassium (mg):	583mg
Calcium (mg):	32mg
Iron (mg):	4mg
Zinc (mg):	4mg
Vitamin C (mg):	64mg
Vitamin A (i.u.):	270IU
Vitamin A (r.e.):	27RE

Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	30mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 367 **Calories from Fat:** 240

% Daily Values*

Total Fat 27g	41%
Saturated Fat 8g	38%
Cholesterol 72mg	24%
Sodium 835mg	35%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	6%
Protein 23g	
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Vitamin A	5%
Vitamin C	106%
Calcium	3%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.