



Pepper Steak Stir Fry

Makes 4 servings

Ingredients:

- 3 bell peppers (any color), cut into 1/4" strips
- 3 carrots, diagonally sliced into 1/4" pieces
- 2 stalks celery, cut diagonally
- 1 small onion
- 3 scallions, sliced
- 1 pound flank steak, thinly sliced
- 1 teaspoon minced garlic
- Oil for stir-frying

Stir-Fry Sauce

Mix together:

- 1 cup water
- 1½ tablespoons corn starch
- 2 tablespoons soy sauce
- 1 chicken bouillon cube or 1 teaspoon granules
- 1 teaspoon sugar or sugar substitute

Directions: Remember to Wash Your Hands!

1. Heat 1 tablespoon oil in frying pan or wok.
2. Stir-fry peppers and carrots for 1-2 minutes.
3. Add celery, onion and scallions and stir-fry an additional 3-4 minutes.
4. Remove vegetable mixture from pan.
5. Add another tablespoon of oil to frying pan/wok and stir-fry steak for 3-4 minutes.
6. Return vegetable mixture to pan and add garlic, stirring until heated through.
7. Add stir-fry sauce, stirring gently, until sauce has thickened.
8. Serve over brown rice.

Nutrition Facts	
Serving Size (348g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3.5g	17%
Cholesterol 40mg	13%
Sodium 650mg	27%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 26g	
Vitamin A 210%	Vitamin C 160%
Calcium 8%	Iron 15%
*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	

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