

Stir fried beef



Recipe credit

US Department of Health and Human Services, National Institutes of Health National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

About this recipe

Serves

6

Serving size

1 1/4 cup

Ingredients

- 1 1/2 pounds steak (sirloin)
- 2 teaspoons vegetable oil
- 1 garlic clove (minced)
- 1 teaspoon vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 onions (large, sliced)
- 1 tomato (large, sliced)
- 3 cups potatoes (boiled, diced)

Directions

1. Trim fat from steak and cut steak into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Nutritional info

Calories

229

Total fat

6 g

Saturated fat

2 g

Cholesterol

59 mg

Sodium

104 mg

Total carbohydrates

19 g

Dietary fiber

3 g

Protein

25 g

Total sugar

4 g

Allergens

Soy

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