

Kung Pao Beef

Quick and easy! This recipe uses a prepared sauce and frozen vegetables to make a delicious fork-tender beef Asian-style meal.

INGREDIENTS

4 beef Eye of Round Steaks, cut 3/4 to 1 inch thick (about 5 to 7 ounces each)

1/2 cup prepared Kung Pao or Szechuan stir-fry sauce

1/2 cup water

1/4 teaspoon crushed red pepper

1 package (16 ounces) frozen Asian vegetable blend

1/2 cup unsalted roasted peanuts

Hot cooked brown rice (optional)

Chopped green onions (optional)



2.50
Hours

4
Servings

42 Cal

46g
Protein

COOKING

1. Combine Kung Pao sauce, water and red pepper in small bowl. Place beef steaks and sauce mixture in large nonstick skillet; bring to a boil. Reduce heat; cover tightly and simmer 45-60 minutes or until beef is fork-tender.

2. Remove beef; keep warm. Add frozen vegetables to skillet; bring to a boil. Reduce heat to medium; cook, covered, 5 to 7 minutes or until just tender, stirring once. Stir in peanuts.

3. Serve steaks with vegetable mixture over rice, if desired. Sprinkle with green onions, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		18g	8mg		24g	46g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com